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Contents TwickerTape TwickerSeal History Through Postcards Parking on Twickenham Riverside Arts and Entertainment RuTC Topping Out St Mary's Church Fair River Crane Sanctuary Crusader Offers Twickers Foodie Wine Review Mark Aspen Reviews Traveller's Tales RNLI Boatrace

Rugby updates Diabetes Week Guide Dogs Food Safety

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Teddington Bridge Photo by Berkley Driscoll RG.I.PR.....ST.....SF.I.H.PR....

TwickerTape - News in Brief

Free info evening for EU citizens to be held in Twickenham

A free public information evening for EU citizens living in the borough will be held at The Exchange, 75 London Rd, Twickenham TW1 1BE on Wednesday 26 June from 6pm. Attendees will be able to get updates on the latest Brexit developments and find out what steps they need to take to protect their future in the UK.

The event is delivered by Citizens Advice Richmond as part of a package of support, funded by the Council, aimed at enabling EU residents to get impartial, expert advice on nationality matters or the impact of the Government's proposals and options available for them. Although the event is free you do need to register to attend. You can also sign up for e-updates from Citizens Advice Richmond. Register <u>HERE</u>

Come and mark Clean Air Day in Richmond town centre

Richmond town centre will be awash with Tesla electric vehicles, street entertainment, and a smoothie bike to mark <u>Clean Air Day</u> on Thursday 20 June from 11am to 4pm. Visitors to the Council's stand outside Richmond station will also be able to get more information about air quality and have a go on a smoothie bike.

Schools taking part in Clean Air Day are encouraged to share their activities via the Council's social media page by tagging <u>@lbrut</u> on Twitter using #CleanAirDay.

Twickenham Fire

A fire next to the Oak Lane Shell petrol station caused disruption in Twickenham today (Friday 14th), with Richmond Road/York Street being closed. Surrounding buildings, including the Royal Oak pub and the Civic Centre were temporarily evacuated. A video can be seen on Twitter <u>HERE</u>

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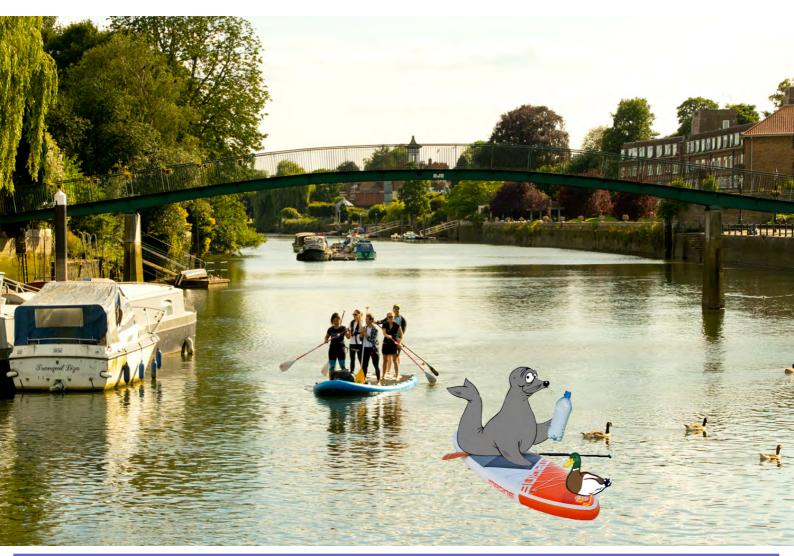
This week will go down in the annals of history as the great Twickenham Drought of 2019. On Wednesday 12th June 100,000

households across South West London started their day with no running water following a burst pipe at the Hampton pumping station, which affected TW, KT and W postcodes.

Schools were closed and hospital appointments cancelled. Before long <u>Twitter</u> was aflutter with images of empty supermarket shelves following panic buying!

Many were quick off the mark with "Water, water everywhere, nor any drop to drink", or variations thereof; the irony of living by the Thames and having just endured heavy rainfall. One of TwickerSeal's favourite Tweets, from @RobsonsButchers, was "Well, crisis over. All the sausages for the school bbqs this weekend have been made with Evian though". Water supply resumed at about 5pm.

For TwickerSeal the answer was to join his chums from Epic SUP with their Megaboard and mess about on the water.



PART 131 – THE BEATLES IN THE BOROUGH!

The **DOSTCAPC** PAGE By Alan Winter

Regular reader Dik Leatherdale has come up with an interesting story relating to how the Beatles changed

the Teddington Suspension Bridge as well as the world of music. Over to Dik: - "Our postcard this week shows the Suspension Bridge at Teddington Lock in Edwardian times. Careful comparison with the same view in modern times will show one apparent difference – there were no handrails when the bridge

was built. Now you might think that the handrails were added as a facility for crossers of the bridge. But that would be wrong.

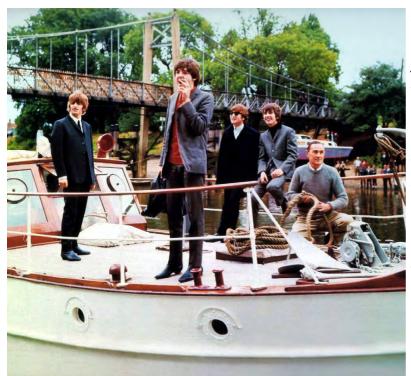
Older readers may dimly remember "a popular beat combo" by the name of The Beatles. In the summer of 1963 they



came to Teddington Studios to record an edition of Thank Your Lucky Stars. The studio at that time had a boat moored below the weir and word went round that they might appear on it. A crowd of adoring teenagers (rather a large crowd, in fact) gathered on the bridge. This caused some consternation in the Engineers' Department of Twickenham Council where there was some concern that the bridge hadn't been built for such loadings. So the handrails were installed, not as a facility, but as a means of reducing the space available for a crowd to gather.

This is a bit like modern traffic engineering where pavements are widened, not for the benefit of pedestrians but to reduce available road space for vehicles in the (perhaps optimistic) hope of persuading motorists to leave their cars at home."

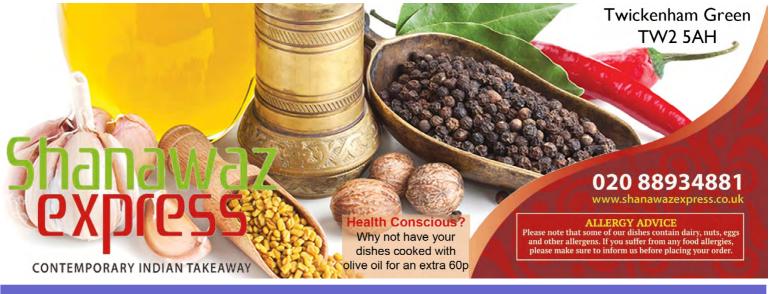
Thanks for that Dik. Our postcard shows the suspension bridge walkway towards the Anglers hotel about 110 years ago while the colour photo showing the Beatles under the suspension bridge is from the very day that the Beatles arrived at Teddington Studios. John, Paul George and Ringo spent a lot of time in our borough in their heyday. In fact they appeared on Thank Your Lucky stars in 1964 and 1965 as well. Four of the Beatles films were filmed and produced in and around Twickenham studios. Famous local filming locations included a key sequence in "Help!" filmed on Ailsa Avenue and Ringo's famous pub scene in "A Hard Days Night" filmed in and around the Turks Head in Winchester Road. In 1969 The "Hey Jude" broadcast and "Let It Be" sessions were also filmed at Twickenham Studios.



As well as filming, the Fab Four were often in the area and I remember John's psychedelic painted Rolls Royce turning up in Montpelier Row for a party one night and some photoshoots at the Madingley Club in Ducks Walk.

There was also a never to be forgotten night when Richard Harris, David Hemmings and Ringo wandered into the public bar of The St. Margarets Hotel for a game of darts with us locals. They had been filming at the studios opposite.

A free to enter "Beatles in Twickenham" exhibition is currently on at The Exchange opposite the Railway Station. It runs until August 16th. Go and see it! My search for old postcards continues. I am always looking for old postcards and old photograph albums etc. The postcards can be British or Foreign, black and white or coloured and of places or subjects. If you have any that are sitting unwanted in a drawer, in a box in the loft or in the garage or under a bed, please contact me on 07875 578398 or <u>alanwinter192@hotmail.com</u> I would like to see them and I pay cash!



Parking On Twickenham Riverside

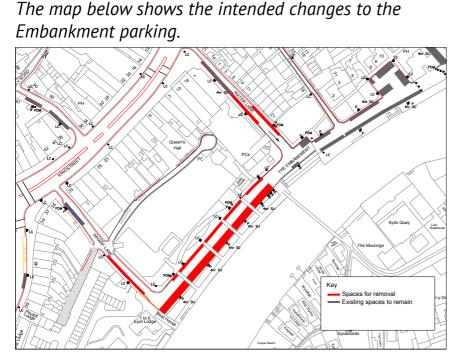
On Thursday the Twickenham Riverside Stakeholders' Group met to hear about the Council's proposals for removing 78 parking spaces from the Embankment between Water Lane and Wharf Lane.

The Council is now considering the use of 25 spaces in the Civic Centre underground car park, as previously proposed by the Twickenham Tribune in <u>Edition 34</u> published on 30 June 2017.

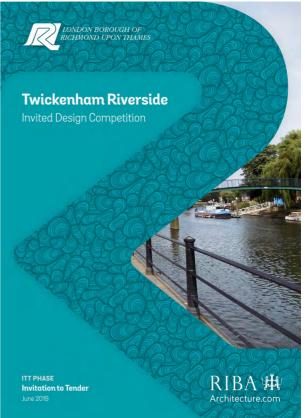
The Highways team are also looking at how to make parking more flexible.

The Stakeholders' Group is mainly composed of those living in the immediate area of the site but the Council has made it known that they would welcome representatives from residents who have an interest in the Twickenham Riverside development.

The list of architects chosen by the Council to put forward proposals for Twickenham Riverside can be seen at the <u>competition website</u>.



Click image at right to view the Invitation To Tender



14th June 2019

(updated brief)

www.TwickenhamTribune.com

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By Erica White



*denotes new listing

Saturday, 15 June 7.45 Mary Wallace Theatre, TW1 3DU Richmond Shakespeare Society presents THE LONESOME WEST by Martin McDonagh. Info: <u>www.richmondshakespeare.org.uk</u>

*Saturday, 15 June 12.30-4.00. Mary Wallace Theatre

Richmond Shakespeare Society holds its OPEN DAY when visitors are welcome to take a tour of the theatre and learn more of the society's productions and activities. Info: www.richmondshakespeare.org.uk

Saturday, 15 June at 7,45 Studio Theatre, Hampton Hill Theatre. Teddington Theatre Club presents A VISIT FROM MISS PROTHERO and AN ENGLISHMAN ABROAD by Alan Bennett. Info: www.teddingtontheatreclub.org.uk

Saturday,22-Saturday,29 June. Various starting times. Hampton Hill Theatre. Teddington Theatre Club is proud to present the award-winning Hilary Mantel novels adapted for the stage by Mike Poulton, WOLF HALL and BRING UP THE BODIES. Info: www.teddingtontheatreclub.org.uk

Saturday, 15 June, 7.30. Landmark Arts Centre, TW11 9NN.

THAMES PHILHARMONIA with DAVID CAMPBELL, renowned clarinettist, perform a programme of music of Irish and English traditional folk music, and Italian and French classics.

Info: www.landmarkartscentre.org

Saturday, 15 June, 7.30 Holy Trinity Church, Twickenham Green. COMMUNITY CONCERT featuring the popular TRINITY SINGERS, supported by solo performances, vocal and instrumental, comedy and fun.

Info. admin@holytrinityTwickenham.org

*Saturday, 15 June. 7.30 CANTANTI CAMERATI SUMMER CONCERT. St Mary's Church, Church Street, TW1 3NJ. "The Flowers appear on the Earth" following the street's Green theme. Purcell, Haydn, Mendelssohn, led by Seb Gillot, conductor an featuring guest players Jon Booth (organ) and Rosalind Ridout (flute). Info: www.ticketsource.co.uk/cantanti-camerati

*Sunday,16 June. 7.30. Normansfield Theatre, TW11 9PS. CAPRICCIO: TEDDINGTON SUMMER MUSIC. Conductor Tom Higgins and Clarinettist, Tony Lamb perform and introduce promising young musicians.

Info: www.langdondowncentre.org.uk

*Saturday, 15 June, 7.30. ELTON JOHN & BILLY JOEL TRIBUTE. Live music from pianovocalist, James Hawkins, world-wide entertainer. Info: www.langdondowncentre.org.uk

*Friday, 21 June-Sunday, 23 & following weekend. ART HOUSE OPEN STUDIOS Annual event giving visitors the chance to explore the work of local visual artists at venues throughout the borough. Brochures available at public libraries and galleries. Info: www.Richmond.gov.uk/ARThouse

*Saturday/Sunday 15/16, June, 11-5.00 June TWICKENHAM FESTIVAL continues with a host of events, despite the rain. Saturday/Sunday, 15/16 Church Street Goes Green. Street is grassed for the occasion when plants, crafts, face painting, Punch & Judy, and world-wide food will all be available.

www.twickenhamthetown.org.uk

June. -24 August 9.30-6.00, (Mons-Frids, Sats.-4.00) Riverside Gallery, TW9 1TP. Richmond Printmakers exhibit TRANSFORMATION. Works of art from plain, unblemished wood, metal, stone, lino or silk. Info: www.richmond.gov.uk/arts

*Wednesday, 19 June The Exchange, TW1 IBE. ROBERT ELMS& Jason Solomons. BBC Radio London's presenter gives a talk, part anecdotal, part impressionistic of life through London's constantly shifting cityscape.

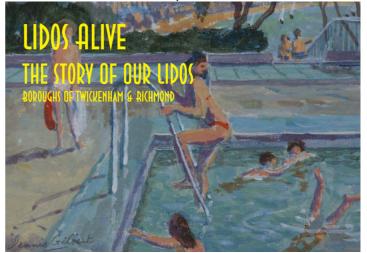
www.exchangetwickenham.co.uk

An Ideal Present for just £6

Lidos Alive – the Story of Our Lidos - is a 63-page A5 book with colour photos and illustrations

full of interesting information about the history of outdoor swimming in the Borough and the rise of the lido. Contents include Mereway Bathing Place, pools in Bushy Park, Hampton Pool, Teddington Pool, Hampton Wick, Tagg's Island, Marble Hill, Twickenham Baths, Pools on the Park and other interesting stories.

Books can be purchased at Crusader Travel in Church Street, Twickenham and Premier Wines next to Strawberry Hill Station.



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

*Sunday, 16 June, 8.00 Twickfolk host BLACK SCARR ALBUM LAUNCH. Info: <u>www.twickfolk.co.uk</u>

*Tuesday, 18 June. 80.00 TWICKENHAM JAZZ CLUB introduces JAZZ LADIES OF SONG; Vocalist Shireen Francis with the Gunter Gunter Kurmayr trio travel on a journey through the songs of the classic Jazz Era. Info: twickenhamjazzclub.co.uk *Wednesday, 19 June. 7.00 THE ONE AND ONLY EEL PIE ISLAND JAZZ and wine tasting River Cruise from Eel Pie Island to Hampton Court and back. Info: www.twickenhamthetown.org.uk

Remember to check alternate Thursdays at 8.00pm at The Turk's Head, Winchester Road, St Margaret's, where the Pub Choir invites you to join in or just relax and listen.

Friday evenings from 7.30 at Arthurs on the Green, TW2 Live jazz from THE BUCKINGHAM TRIO. Jazz and Italian grub. What a combo!

Saturdays and Sundays Fun and games for all the family, at ORLEANS HOUSE GALLERY, Riverside TW1 3DJ. Info: info@orleanshousegallery.org

Wednesdays-Sundays, 12noon-4.00 at TURNERS HOUSE Exhibition: MINIATURE LANDS OF MYTH AND MEMORY. Also wander round the garden now in full bloom. www.twickenhamthetown.org.uk



The Tree Agency

darryl parkin

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

Award for founder of Richmond Concert Society

Maurice Parry-Wingfield, Chairman

Readers of Issue [?] last October were told that Howard Greenwood, together with a small group of enthusiasts, ran our first concert on 19 October 1961. It attracted an audience of a mere 20, but mighty oaks from small acorns grow. We now have over 450 members and the subscription of a mere £45 entitles them to 11 high-class chamber concerts each year without further payment. These are held at various churches in the Borough of Richmond, the majority in Twickenham. You can read about us in <u>www.richmondconcerts.co.uk</u>.

That we have been able to reach this enviable position is down more than anything else to the boundless energy, enthusiasm and musical knowledge of Howard. Rather I should say Howard Greenwood BEM, as he was awarded the British Empire Medal in the Queen's birthday honours. I find it hard to imagine anyone more deserving of this honour.

Our current season has come to an end but the new season kicks off with the Marmen String Quartet on 24 September, followed by a special concert for Howard to be given by pianist Ian Hobson on 8 October. The programme will appear on our website early in July.

Best Learner Award for Richmond upon Thames College student Ian Canlas

On Thursday 23 May, Richmond upon Thames College (RuTC) student Ian Canlas was awarded with the Best Learner Award at the House of Lords.

Every year, Richmond upon Thames College (RuTC) nominates an outstanding student for the Best Learner Award. Ian stood out among other students due to his impressive development. Although not being an English



native speaker, he gained distinction grades in Level 2 UAL Diploma in Art and Design course. Through hard work, Ian then progressed onto Level 3, gaining distinction grades again.

Sharon Cousins, Assistant Principal Student Experience at RuTC, said: "At each stage of his studies Ian has pushed himself to develop creatively. He is superbly organised, responds actively and immediately to tutorial advice and always seeks to deepen his understanding. He takes part in peer work supporting others and sharing his knowledge. Richmond upon Thames College is proud to see a student like Ian succeed on such a great scale."

About his win, Ian said: "Receiving the Best Learner Award is a great honour and I am really proud of this achievement. I am the first one in my family who can pursue a higher education and although it is hard work, I am thankful for Richmond upon Thames College's support. I am able to pursue my goals of high grades and to study architecture at university."

Currently, Ian is pursuing an architecture pathway and will continue his studies at the University of Kent from September 2019, where he will also receive a £2000 scholarship towards his tuition fees.

Richmond upon Thames College celebrates new building with Topping Out Ceremony

On Friday 24 May, staff and students from Richmond upon Thames College (RuTC) celebrated the Topping Out Ceremony of its new building, Richmond Building, with their construction partner ISG. Over 100 guests attended the event, including Leader of the Liberal Democrat Party and MP for Twickenham, Sir Vince Cable, the new Richmond Mayor, Nancy Baldwin, and staff from the many companies involved in the new campus project.

Since breaking ground in June 2018, the



site is unrecognisable with the building's shell now complete, the Topping Out Ceremony marked this milestone. The ceremony was opened by Robin Ghurbhurun, RuTC's Chief Executive and Principal, who spoke about the journey to date to create a world class post-16 centre of excellence and thanked everyone involved for their commitment and expertise. He said, "The vision was and is to create a flagship college that will not only benefit Richmond borough residents but also become a major careers hub and community destination for students and employers. Colleges are vital in driving social mobility and providing the skills to boost local and regional economies by providing high quality technical and professional education and training for young people, adults and employers."



The Topping Out Ceremony was marked by the tightening of the last bolt. This was carried out by RuTC student Bethannie York. Bethannie studies Photography, History and English A Levels and was chosen for her incredible achievements both in and outside of college. She has been involved in the Honeypot Children's Charity, based in West London, and had the opportunity to visit Downing Street for a meeting with Prime Minister Theresa May. In addition, Bethannie recently received The Diana Award. This award is the most

prestigious accolade a young person aged between 9 and 25 years can receive for their social action or humanitarian work. Bethannie was nominated by the college due to her support of the Hounslow Young Carers Project where she has been a member since she was 9 years old. At the moment she is helping to establish a new young carers' charity, which will support children who are young carers.

Before the tightening of the bolt, the companies involved in the planning and construction of the building gave a short overview of how they became a part of this project, their individual involvement in each phase and the challenges they have overcome to successfully reach this stage. The companies included project management Fusion, Atkins architects, cost managers Faithful+Gould and Pagabo procurement company. Pagabo measured the Social Value of this project and confirmed that £35m of expenditure generates £53m of Social Value. In addition, the construction of the building created 10 new apprenticeships and 41 new jobs and safeguarded 153 jobs.

Sir Vince Cable contributed by saying, "This building is the first step in realising Richmond



upon Thames College's vision to turn this college into a centre of excellence for vocational and educational training and apprenticeships in the region and I'm really proud to be associated with the project." He continued, "We have to make sure the further education sector in the UK is properly supported. Post-school education is not just about universities and having a successful further education sector is absolutely critical to the future of the country. I am delighted that the London Borough of Richmond upon Thames is hosting such a forward-thinking project and I would like to say well done to everybody who has been involved in bringing it to fruition."

The Richmond Building is due for completion early 2020 and students joining the college in September 2019 will be the first cohort to walk through the Richmond Building doors.





ST. MARY'S CHURCH FAIR AND FLOWER FESTIVAL Doug Goodman

Strong winds didn't stop visitors attending the summer fair and flower festival last Saturday at St. Mary's Church Twickenham. Stalls selling books, clothes, jams, plants, cakes, jewelry and much more proved a great attraction. Beer, wine and Pimms and a large tea tent kept visitors refreshed. The theme of the fair was our natural world and in the church arrangements celebrating natural resources like wool and silk and larger displays based on environments such as the beach, meadows, woodland, tropical areas and desert made the interior very impressive. The event was opened by the mayor, Cllr. Nancy Baldwin.























WHAT ARE CITIZENS ASSEMBLIES?

Our democracy is struggling to get things done. People are frustrated, divided, distrustful and powerless. Having lost faith in institutions, politicians and experts, some embrace over-simplified solutions and populism. Things can be different. People must be put at the heart of decision-making. But how?

Hear from 3 speakers on another way to 'do democracy'

THURSDAY 4TH JULY, DOORS 7.30PM The Exchange, 75 London Road, Twickenham TW1 1BE



Dominic Ward: Project Officer at Involve, the UK's leading public participation charity. *How Citizen's Assemblies really work*.



Remco Van der Stoep: Team member at Compass and Green Party EU Parliamentary candidate. *Opening up decision-making*.



Melanie Nazareth: Member of Extinction Rebellion Richmond. Why XR is demanding Citizens Assemblies to tackle the Climate Emergency

Refreshments available. Panel and discussion session, 8-9.30pm. Expect citizen participation.

FREE ENTRY, but please register on

https://what-are-citizens-assemblies.eventbrite.co.uk

Hosted by Richmond & Twickenham Green Party – Encouraging Debate, Exploring Ideas, Finding Solutions.



River Grane Sanctuary



White Rose of Peace



The Garden is being promoted as a haven to help us all relax from the stresses of life today and it is easy to lose time as you gaze upon the beauty of a flower and smell the fragrance.

Simple pleasures which can cost nothing if you visit the many free gardens/parks in our beautiful borough. Robin and Blackbird photographed adjacent to Churchview Site and fledglings are here too! Please object App:19/1647/FUL





Wild Hawthorn Hedgerow below – Can you spot the Dunnock amongst the Blossom? This hedgerow is less than three metres from the first-floor balcony and second floor bedroom windows accommodation in the proposed three storey high Churchview Garages revised application. The building will block sunlight and introduce human and domesticated animals into a narrow space and will impact significantly on this established habitat. We are assured now that the trees and hedgerow will be saved and good neighbour policies introduced such as sensitive lighting. Forgive our scepticism when we have yet to get the recently introduced bright lighting in this area cowled or dimmed and which has been identified as a nuisance by Richmond Environmental Health Officers visiting the site on the 11th May 2019. We are



awaiting action by Wandsworth or an update. As for protecting the vegetation, we refer readers to the photos of the mistake by these developers in spraying and destroying parts of the hedgerow already. Mistakes do happen, of course, and that is a good reason to be wary of heavy machinery and building in sensitive areas when so much is at stake now in our environmental crisis.

Why do we keep being re-active instead of pro-active? Save what is there now instead of rectifying mistakes and trying to establish new habitats. We know better so we need to act better.

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

St Mary's University Update Inaugural Eric Yardley Bursary Awarded to two Students

Last week St Mary's University, Twickenham hosted a ceremony to award the inaugural Eric Yardley Bursary to two students.

The inaugural winners were Olivia Williams-Freeman and Briony Giddings, who each collected £1,250 towards their student fees for the third year of their undergraduate Drama courses. Theatre which, in its near fiftyyear existence, has provided free opportunities to enable thousands of local young people, including many of our own alumni, to get involved with theatre-making. He was also instrumental in fundraising and establishing the Hampton Hill Playhouse which has housed YAT productions since 1999.



"Drama St Mary's is honoured that

the trustees of Eric's legacy fund have chosen us to be the recipients of the bursary set up in Eric's name which will be awarded by the department to the student or students, most deserving of financial support in advance of their final year.

This is the first year of a five year commitment to the University from the trustees of the Eric Yardley estate.

"Eric was an inexhaustible champion of young people's theatre in Richmond borough and was the founder of Youth Action "Olivia and Briony thoroughly deserved their awards and I'm sure Eric would have been delighted and proud of their achievements."





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14th June 2019

www.TwickenhamTribune.com

There's always a Silver Lining

By Bruce Lyons

Our biggest UK Tour operators are claiming doom and gloom and infer that BREXIT (remember him!) has damaged the holiday market place. The suggestion is that millions (that's right millions of us have not made or don't intend to make plans for an overseas holiday this year. The reports suggest that at least one if not two of them are millions of UK £££££`s down on last year, surprise, surprise the two biggest of these companies are actually German owned!!!! But it is our Holidaymakers or the lack of them that is making all the trouble. The Brits can't win. Heads you lose – tails they win!

Not necessarily so. It does seem from my inbox that this has made June (NOW that is) a perfect booking time for those sought after family holidays.

So here, dear reader, are some clues - not in any particular order mind you.



Mark Warner are still offering 15% off any unsold Summer dates , most of you know how perfect this company is for active teens! Explore, the Adventure Company has (till after this weekend) a FLASH SALE also 15% off Visions of Greece have a luxury apartment in Skopelos, on the beach in Panormos on the 7th of July £649 per person and a week later £699 – that's flights/transfers and apt – a real snip.

Collette at the posh end of touring vacations have ± 500 off per person on their TOP 10 tours, book by 30th June

It goes on and on, very much a Don't Delay Book Today message, but the deals are good and definitely worth looking at.

And then there's emerging news. Two places that want your bookings are Sri Lanka now that the Foreign Office has lifted it's warning against travel there. See our Advert this week.

But now another destination has hit the News the Good President has just reversed Obama's rulings that allow Americans to visit Cuba and hundreds of thousands of Americans have had their travel to Cuba cancelled. So put Cuba on the list, another place you will get a really warm welcome – they really need the tourism.



And if you want to pop off tomorrow there's half price Sardinia and Corsica for June departures.

Cruises anybody?! NCL (Norwegian Cruise Line) have extended their 7 day flash sale to the 18th of June, here's a sample price/ date;

16th October,7-day Western Med from £619; 7th July, 11day Greek Islands from £989 and more and more...

So Hallelujah Brexit, as I said there's always a silver lining



STREET CHURCH GREEN GOES TWICKENHAM 33 CHURCH STREET JUNE 15/16 ΑΜ **5** P M 1 1 unti



Twickers Foodie – By Rlison Jee A LOOK INTO THE FUTURE

This week I popped up to the Business Design Centre in Islington to visit the **Exclusively Housewares Show.** This is the event in the industry, and it's always useful to have a quick look at what is ahead of us, and currently being launched to the retail market. I caught the tail end of a fascinating talk about food trends and learnt that 'Stans' food is tipped to be big next year (Afghanistan, Kazakhstan, Kyrgyzstan, Pakistan, etc.). This is evident, too, by the number of new cookbooks championing these regions. Another trend is likely to be an offshoot of the 2020 Olympics in Japan – lots of the tableware had a definite Japanese style.



Colours and designs that had always seemed quite old fashioned and '70's' are coming back, and 'Millennial Pink' was everywhere. So scout

around in the charity shops for some genuine 70's china and you will be 'on trend'.



Of course, sustainability was at the forefront of much on display. I lost count of the number of portable water bottles and food containers. I was also pleased to see that quite a few companies are launching straws made from sustainable and recyclable materials such as natural grass, (a brand called **Huski Home** in case you are wondering). There is a range called **'If You Care'** which has unbleached paper products such as parchment paper, coffee filters, roasting and sandwich bags...and there were quite a few beeswax coated wraps in evidence.

Plastic is rapidly being replaced by silicon for reusable containers in the kitchen. I was very impressed by an American company called

Stasher that makes great products that you can store, marinate, transport, freeze, microwave and even bake food in. They are available in a wide range of lovely colours from Amazon and Lakeland. The company is very supportive of the anti plastic movement – even donating 1 per cent of all its sales to 'high impact non profits that sustain our oceans'. The products look fab and reseal time and time again with a pressure seal.

Still on the silicon trail, I discovered the <u>Stretchii</u> top, that allows you to preserve food easily and hygienically, in the refrigerator or in the freezer. These clever little 'bonnets' come in a range of sizes to pop over cut food (lemons, cucumber, melon,) and keep the cut edge fresh and clean. (without the risk of tainting other products in the fridge) They are essentially a reusable replacement for cling film, are completely washable and reusable. The Super Stretch Lids are stackable, meaning less space taken up in cupboards or drawers. Oh, and by the way if you weren't already aware, it's Father's Day this Sunday, so all the supermarkets seem to be offering 'The Daddy of all Steaks' or burger meal deals. And if you plan to go out, I would recommend booking in advance.



www.TwickenhamTribune.com

MARLBOROUGH LIGHTS By Michael Gatehouse





The amount of Sauvignon Blanc produced in the Marlborough region of New Zealand's South Island is remarkable considering it's just over half the size of Wales. You'd think there wouldn't be room for anything else, and in fact the flat land in Marlborough south of the Wairau river is jam packed with vines as this is acknowledged to be the best place in the whole world to produce Sauvignon Blanc.

It all started in 1973 when the giant winemaking company Montana bought up a lot of land to grow cheap grapes for bulk wines. They were the first to realise that Marlborough had maximum sunshine, minimal rainfall, free draining soil, and no seasonal frosts; four vitally important elements. There was much local curiosity when the first vines were planted; however, disaster struck almost immediately, as the newly planted vines refused to root without sufficient rain. 70% were lost. There followed years of experimentation, and eventually Sauvignon Blanc was discovered to thrive. The phenomenon was born.

Nowadays Montana makes Brancott Estate, one of the best known brands, along with Villa

Maria, Cloudy Bay, Oyster Bay and many others. The quality of these wines attains a high standard, and they continue as ambassadors for the product. Yet, some wines can be made from grapes sourced in the Marlborough region which are shipped to the UK in containers, and bottled over here, losing a bit of provenance along the way. These are the Marlborough Sauvignons you will find at £6.99. Shipping the juice in bulk is a way to keep prices down, and is common practice in this age of global commerce.

There are a couple of wines I must recommend: Two Rivers Convergence Sauvignon Blanc at £13.99 is one of my favourite wines of the last few years. A convergence of flavours from five vineyards; an abundance of fennel, fresh herbs and tomato leaf aromas mingle with passionfruit, citrus and plum. Dry and crisp, with a lovely creamy texture and long smooth finish. This is not a big brand - the winemaker, David Clouston, spent his youth in the Wairau and Awatere Valleys, where his family have farmed for five generations.



The Cloud Factory Sauvignon Blanc, at £9.99, represents great value. Sourced from three vineyard sites between the Waihopai, Wairau and Awatere Valleys, the wine is perfumed with ripe tropical fruits. The wine is sappy fresh, clean and delicious, authentic, and a bargain.

The Lonesome West

by Martin McDonagh Richmond Shakespeare Society, Mary Wallace Theatre, Twickenham until 15th June

Every so often you have an evening at the theatre that is hard to describe. Was it terrific? Was it terrible? RSS's *The Lonesome West* provides just one of those evenings. This hilariously funny production is a non-stop carnival of lunacy, set in the west of Ireland and centred on two brothers who seem hell-bent on destroying each other and bring their home, if not the neighbourhood, crashing down around them.

Fiona Smith directs Martin McDonagh's play with verve, allowing the few quiet moments of reflection the time and space they need. The production is well cast with good performances from the quartet of actors, especially Tom Shore's quietly desperate priest who has failed in every aspect of his life and Elle Greenwood as a schoolgirl poteen dealer!

Read Raymond West's review at www.markaspen.com/2019/06/10/lone-w

A Visit from Miss Prothero and An Englishman Abroad

by Alan Bennett Teddington Theatre Club at the Coward Studio, Hampton Hill Theatre, until 15th June

Of the two pieces, *A Visit from Miss Prothero* is the stronger. We meet Arthur Dodsworth (a wonderfully understated Jeremy Gill), a recently retired widower whose newfound peace is disrupted by an unexpected visit from his former colleague the titular Miss Prothero (played pitch perfectly by Liz Williams). What follows is what seems like polite enough visit, innocent enough at first, but it is becomes clear that her visit is not one with pleasant intentions

An Englishman Abroad is perhaps one of Bennett's most famous pieces. It is the true story of the meeting and subsequent visit paid by actress Coral Browne to infamous Cambridge Five

spy Guy Burgess (played serviceably enough by Roberta Cole and Patrick Harrison respectively) whilst on tour in Moscow. Lush costumes and clipped accents aside, however, this production does not quite live up to the remarkable nature of the story.

Read Melissa Syversen's review at <u>www.markaspen.com/2019/06/09/proenglish</u>

Photography by Simone Germaine Best and JoJo Leppink









Page 22

THE ULTIMATE FAIRY TALE BALLET Cinderella In-the-Round by Christopher Wheeldon, music by Sergei Prokofiev

English National Ballet at the Royal Albert Hall until 16th June, then on tour until 26th October Review by Suzanne Frost

Marrying classical ballet and large-scale entertainment, Christopher Wheeldon's *Cinderella* has been transformed and upscaled for the vast Royal Albert Hall. Everyone from London's dance scene showed up and looking around I felt that my ticket was much like my very own invitation to the ball of the year.

> Cinderella's entrance has to be some of the most magical music ever written and it feels like the whole world stands still. Her variation is one of my favourite solos and Alina Cojocaru acts it beautifully, starting so modest and plain and culminating in sheer abandonment as she succumbs to the joy of falling in love. The dashing Isaac Hernandez shows us a prince visibly growing up and becoming a man in front of our eyes. Although Wheeldon hardly invents a step that isn't classical ballet, his use of dancers' bodies

is always surprising, with transitions and lift never seen before or deemed possible. While fireworks go off in the background, our heroes are oblivious to all the pomp, absorbed in each other, looking like the kind of couple who will likely never run out of things to talk about or steps to dance.

Wheeldon has embraced a celebration of kindness and this perfectly suits Alina Cojocaru, tiny and unassuming, there is a warmth and humility in her every gesture. Consistently, the two "ugly" stepsisters are actually far from ugly, Edwina (Emma Hawes) statuesque and coquettish, the bespectacled Clementine (Katja Khaniukova) more goofy. Tamara Rojo as Cinderella's stepmother is glamorous and saccharine sweet – as long as you don't push her. For Cinderella's father to fall so severely under the spell

of his new family, it makes sense that the ladies all seem rather charming, their uglier side, their vanity and cruelty only revealed when it is too late

Read Suzanne Frost's review at www.markaspen.com/2019/06/07/cind-round

Photography by Ian Garvin









Mark Aspen www.markaspen.wordpress.com Expressing the art of the theatre critic

Goodnight, Mr. Tom

by David Wood, adapted from the story by Michelle Magorian Edmundians at Cheray Hall, Whitton until 8th June

After a German bomb hit St Edmund's Church in October 1941, Cheray Hall was used as a temporary place of worship. You couldn't get much more of an appropriate setting for Goodnight Mr Tom, where the Edmundians created and populated both Central London in the midst of the Blitz, and the relative peace and quiet of the West Country.

Goodnight Mr Tom is not the easiest of stories, as the childhood experiences of William Beech, until he meets Tom Oakley, are far from ordinary and definitely not pleasant. Accordingly, playing the two central characters is a challenge: the general 'thawing' of both the older man and the terrified

child must be handled with care. Matt Power as Oakley was perfectly cast. His performance was poignant, gentle and witty without ever slipping into sentimentality.

Tom Melia as William Beech gave a suitably hesitant and guarded performance, moving gradually into a more relaxed, happy boy, as he began to trust the man who had taken him in. After his appalling experiences with his mother, a critical moment when he accepts the baby Mrs Hartridge hands him to hold was deeply moving ...

Read Eleanor Lewis's review at <u>www.markaspen.com/2019/06/07/night-tom</u>

Springing the Mine by Keith Wait

A celebration of 250 years since Garrick's Shakespeare Jubilee of 1769, SMDG at Garrick's Temple to Shakespeare, until 8th June

"It was a sunny and blustery afternoon in early summer in June 1769". Keith Wait's, Springing the *Mine*, especially commissioned for Garrick's Temple, was thus brought magically alive by an amazingly versatile group of actor-readers, who held the audience spellbound and amused.

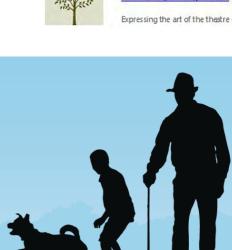
At Garrick's Temple, on this very spot, 250 years ago

two figures stroll on the lawns, deep in conversation. The wife of David Garrick, La Violette, a ballerina of some distinction, (Norma Beresford) and her companion, a diplomat and dramatist, Richard Cumberland (William Ormerod) are discussing both his and her husband's writing, when the subject of Garrick's Shakespeare Jubilee, to be held that summer in Stratford upon Avon comes up

Read Eliza Hall's review at www.markaspen.com/2019/06/09/mine-250

Photography by Devizine and Lewis Lloyd







www.markaspen.wordpress.com

Mark Aspen

Expressing the art of the theatre critic

LE Nozze di Figaro



Mark Aspen
www.markaspen.wordpress.com
Expression the art of the theatre critic

by Wolfgang Amadeus Mozart, libretto by Lorenzo da Ponte

The Grange Festival, The Grange, Northington until 30th June

Multi-layered Mozart, majestic, mellow, musically exquisite, *Le Nozze di Figaro* opens The Grange Festival season in a stylish production that pulls out the complexity and the darkness from the story, without in any way undermining its thrills, the farce or the comedy. It is a *mille-feuille* of thwarted amorous desires. Its spectrum ranges from unbridled sex, to romantic love, to decorous marriage, but my goodness, everybody's at it!





duplicity in the darker motives of the protagonists, heavily-rich colours, swags of foliage in the



muted mellowness of an Old Master, something a bit sinister that smacks of Caravaggio.

The wily Figaro, and his ever-resourceful bride Susanna, are more than a match for their lecherous master Count Almaviva re-establishing his feudal rights of *droit de seigneur*. On the sexual harassment front, we have another prospective predator, the pubescent pageboy, Cherubino, fired up with the rising sap of teenage testosterone.

Here we have a version of *Le Nozze di Figaro*, which, in spite of its true to period setting, is certainly no chocolate-box whimsy.

Of course the Count gets his come-uppance and Figaro gets Susanna as his unmolested wife, and we head towards the happy ever after ending. However, in spite of its traditional period presentation, Lloyd-Evans' *Le Nozze di Figaro* has a twenty-first century fizzle of scepticism. It may have that period chocolate-box wrapping, and indeed its contents are rich, smooth and fulfilling, but they are those fashionable contemporary ones, with the piquant flavours of chillies or maybe crushed peppercorns ... sweetness with a bite.



Read Mark Aspen's review at <u>www.markaspen.com/2019/06/08/figaro</u>

Photography by Clive Barda

TRAVELLER'S TALES 33

Champagne City

Doug Goodman Visits the Beautiful City of Reims

Leave Twickenham after an early breakfast, take the Eurostar from St. Pancras to Paris and you're well on the way to Reims, France's Champagne City. A ten minute walk from the Gare Du Nord in Paris to the Gare De L'Est – stopping for a coffee or a glass of red wine at one of the many bars opposite the station – and a short journey on a local train bring you into the centre of Reims. You should be in time for a splendid lunch at The Café Du Palais. In the region, known as Grand Est, Reims is just a three hour drive from Calais if you prefer to take your car. Your own transport is certainly an advantage as you'll be able to visit some of the pretty villages and buy Champagne direct from local producers.

Coronation Cathedral

Reims was a major city during the Roman Empire and its magnificent cathedral was the traditional place where French kings were crowned for over 1000 years. Notre Dame is a masterpiece of French Gothic art: with its soaring spires, statues and stained glass windows it's the region's top attraction. Badly damaged in World War1 it was carefully restored and the work continues today. In 1962 a celebration was held in the cathedral for the reconciliation of France and Germany when the country's leaders De Gaulle and Chancellor Conrad Adenaur met there.



Reims Cathedral



City Centre



Cathedral Windows

The events of World War I and World War 2 are remembered in Reims and in the surrounding countryside. La Pompelle, some 5 miles away, is one of the fortresses built around the city from 1880 after the Franco-Prussian War to protect it from future invasion. It contains an impressive display of guns, medals, memorabilia and a famous collection of German helmets. The musee de la Reddition -Surrender Museum, where the official surrender of the German forces took place in May 1945, is in a technical college, the Lycee Roosevelt. You'll find much of interest there including pictures and the seating plan of the military personnel who attended the signing.





Fine Dining

Regional Goodies

The Palais du Tau, founded in the 4th century, was originally a bishop's palace. Transformed from 1671 into a classical building it houses a collection of tapestries and sculpture. The Romanesque Abbey of Saint Remi was consecrated in 1049 and shows art and historical items related to the ancient city. The Musee des Beaux-Arts claims to be the best fine arts museum outside Paris. It traces history from the Renaissance to the 20th century and illustrates the European schools of painting. Many of the buildings in the city are designated World Heritage Sites.



Champagne Tour



Eat and Drink Well



Fortress La Pompelle

A glass or Two

A visit to the Champagne region without drinking the wine would be unthinkable. The variety of wines and the method of production are fascinating. Making Champagne is a complex procedure which you can learn about by visiting some of the famous names' cellers or booking a tutored tasting session. Everywhere you'll see signs for Mumm, Piper-Heidsieck, Taittinger, Veuve Clicquot to name just a few. Tours can be organised to many local vineyards where you can buy direct from the family that has put so much care into their own special brand.

To accompany your meal sample different Champagnes specially chosen to match your dishes and when the cheese board arrives choose the chaource, which is produce in a village of the same name in the region. Reims is the perfect place to enjoy fine food and wine and it's so easy to get there.

More at World InfoZone

www.worldinfozone.com/features.php?section=Reims&page=2



The Lonesome West

by Martin McDonagh

Directed by Fiona Smith





"God's got no jurisdiction in this town."

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Leader appoints spokespeople and champions

Leader of Richmond Council, Gareth Roberts has confirmed a series of champions and spokespeople following a change in the Council's governance system earlier this year.

Five new spokespeople have been appointed to support Committee Chairs who were appointed in May. They are:

- Cllr Geoff Acton (Business)
- Cllr John Coombs (Arts)
- Cllr JF Burford (Sports)
- Cllr Liz Jaeger (Housing)
- Cllr Michael Wilson (Voluntary Sector, Engagement and Communities)

They join Cllr Robin Brown (Finance Lead Member) who was appointed at Full Council in May. Meanwhile, four existing champions will continue in their roles after Cllr Gareth Richards (cycling), Cllr Jim Millard (Tenants), Cllr Rob O'Carroll (Disabilities) and Cllr Michael Butlin (Armed Forces) were reconfirmed in their roles.

Cllr Gareth Roberts, Leader of Richmond Council said:

"Earlier this year the Council announced a shift to a committee system which offers greater democracy, transparency and accountability by giving councillors from all parties a much larger role in decision making.

"Following the change in system we have announced a new series of spokespeople who will be the Council's public voice for specific areas which fall within the current committee system. "These new spokespeople in arts, business, housing, sports and finance will ensure each of their areas remain a vital part of the Council's policy agenda going forward."

Tidal Thames rowing and paddling safety guide sets sail

A new one-stop shop safety guide for tidal Thames rowers, kayakers, canoeists and stand-up paddle boarders is available from the Port of London Authority (PLA).

Combining two previously separate sets of guidelines for recreational users of the river, The Tideway Code – a Code of Practice for Rowing and Paddling on the Tidal Thames is full of practical tips and technical guidance on how to stay safe out on the water.

It has been produced with the support of the Thames Regional Rowing Council (TRRC), British Canoeing (BC) and water sports



HE TIDEWAY CODE Click image to view quide

clubs and organisations from along the 95-mile course of the tidal river, from Teddington to the North Sea. It was launched at Fulham Reach Boat Club on Friday (7 June).

Darren Knight, the PLA harbour master responsible for recreation, said: "The popularity of the river for sport and recreation – both professional and amateur – continues to grow, making it even more that all activity is carefully managed. "The river is a great place to compete, have fun and relax, but it's our job to make sure people do so safely. There are three fundamental principles: Keep a proper look out, follow the rules and always show consideration for others."

'The Boat Race' returns to the Thames as RNLI crews battle it out on the river

The Thames will echo to the iconic sound of oars hitting water this week as 'The Boat Race' returns to the river for a summer showdown. But rather than the dark and light blues of Oxford and Cambridge, spectators are more likely to see yellow, as crews from RNLI lifeboat stations battle it out on the river.

For the first time, teams of four volunteer crew from RNLI lifeboat stations at Chiswick, Tower and Teddington will go head-to-head in their own crew rowing challenge to celebrate the charity's partnership with The Boat Race in 2019 and to raise money to fund vital crew training.



While the university crews battle for victory on the

river once a year, the lifeboat crews take part in a very different race and one that happens 365 days a year – the race to save lives. It's also a race that takes an enormous amount of training and preparation and has saved hundreds of lives since RNLI lifeboat stations were opened on the Thames in 2002.

This year, as hundreds of thousands of people lined the banks of the Thames to watch The Boat Race, a highly skilled team of RNLI lifeguards and lifeboat crew were also in attendance. They were there to ensure the crowds were safe alongside a river which, though beautiful, can often be deadly, flowing at twice the speed of an Olympic swimmer and with a daily tidal rise and fall of seven metres. But the crew's training doesn't come without a cost. Training exercises and courses need funding, as does the equipment the crews use in life and death scenarios. As a charity the RNLI relies on donations to make sure the crews have everything they need to save lives, which is why all the money raised from the RNLI Boat Race Challenge will go toward ensuring supporters of The Boat Race and those living and working beside the Thames are kept safe for years to come.

Very few the RNLI crews taking part in the challenge have experience of rowing, but they will receive a fast-track training course on the afternoon of the race, thanks to the support of the Fulham Reach Boat Club which will be hosting the event.

To support the challenge please use the following link: https://www.justgiving.com/ fundraising/rnlitheboatracechallenge

Neil Withers, RNLI Area Lifesaving Manager for the Thames, said the event will be great fun for the crews, but it will also get across a serious message: 'Although the crews have huge experience of search and rescue on the river none of them are experienced rowers, but I'm expecting them to be every bit as competitive as the Oxbridge teams!' he said. 'Not only will it be a fun event but it should also help raise funds for and awareness of the extraordinary work the crews do on the river every day.'

All three RNLI stations at Teddington, Tower and Chiswick will remain fully operational throughout the rowing challenge. For those who want to watch the teams battle it out, the races will be taking place between 5.30pm and 7.00pm on Friday 14 June outside the Fulham Reach Boat Club, Unit A, Distillery Wharf, Chancellors Road, London W6 9GX.

England men U20s defeat Australia in World Rugby U20 Championship

England sealed a 56-33 bonus-point victory over Australia in their final pool game of the World Rugby U20 Championship, scoring eight tries in the win. Having lost their opening fixture of the tournament to Ireland, before beating Italy in match two,



the result means they finish third in their pool and cannot advance to the top four of the Championship.

They will next face Ireland in the fifth-place play-off on Monday, 17 June, KO 7.30pm BST, in Rosario, Argentina with New Zealand and Wales making up the other half of the draw. England led 42-12 at the break, scoring six tries through Fraser Dingwall, Ollie Sleightholme, Tom de Glanville, Aaron Hinkley and a brace for Ted Hill, with Josh Hodge converting them all.

Australia crossed via Noah Lolesio and Isaac Lucas but it was a half dominated by Steve Bates' side. There were second-half scores for Manu Vunipola and Tom Willis which Hodge converted while Australia crossed via Will Harris, Fraser McReight and Carlo Tizzano to secure a losing bonus point and top the group.

Australia were given an early red card with Pat Tafa sent off for a high tackle inside three minutes. From the resulting penalty, England opted to scrum and having won another penalty and a further set-piece saw Dingwall crash through Australia's midfield for the opening try.

Soon after, there was a second try for England, Sleightholme collecting a spilled up-and-under just inside the Australia half before flying home. Neat handling resulted in Lolesio slicing through for Australia's first score and Will Harrison converted for 14-7.

Lucas finished off an Australia counter going over in the corner, but Hill crashed through midway in the half to extend the lead and the flanker scored a second soon after, taking advantage of an overlap on the left wing which Hodge converted.

De Glanville carved through from close range for a fifth England try before Hinkley crashed over just before the break and Hodge maintained his perfect record from the tee with a sixth conversion. Vunipola found space to dart through for a seventh England try, while Harris jinked over for Australia before the hour mark.

A pick and go from Willis saw him burrow over but Australia replied with captain Fraser McReight and Tizzano, sealing a four-try bonus point.

Head coach Steve Bates said: "I'm really pleased with the performance, it was much improved. We cleared the breakdown really well, particularly in the first half. We carried hard and made ground and that was the catalyst for us to create some quick ball which meant we were on the front foot.

"We used our dominance up front and looked like a team that was confident on the front foot but there were some really good performances from our lads and they will feel a lot better after that.

"I feel a lot of sympathy for Australia because we suffered two yellow and a red in our first match against Ireland and that affected the result and it was similar here."

England men U20s defeat Italy in World Rugby U20 Championship

England U20s defeated Italy in their second match of the World Rugby U20 Championship, winning 24-23 in a thrilling encounter in Sante Fe, Argentina. Having lost to Ireland in their opening fixture of the tournament they got back to winning ways, but crucially missed out on a four-try bonus point against Italy.

England held a narrow one-point lead at the break through an Alex Coles converted try while Italy sent over two penalties via Giacomo Da Re. Steve Bates' side scored second half tries through Tom Willis and Richard Capstick, with Italy responding via Cristian Lai, Ange Capuozzo and Paolo Garbisi but Josh Hodge's late penalty won the game.

England will next face pool leaders Australia who have maximum points from their opening two games with victories over Italy and Ireland. Italy had the first points of the game with Da Re kicking an early penalty for Italy, and having gone close a couple of times England crossed on the half hour.

Coles touched down after a dominant England scrum barrelled its way to the Italy try line and Hodge increased the lead with a first conversion. Da Re sent over a second penalty for 7-6 just before the break to narrow the deficit and soon after half-time Italy led as Lai was first to a loose ball to dot down.

Italy broke through England midfield soon after to set up a two-on-one and Capuozzo dived over for 16-7. Willis charged over off the back of a driving maul to get England back in the game which Hodge converted to take the deficit to two points.

Italy came roaring back though with Garbisi searing through before Capstick went over in the corner for a third England try which Hodge again converted.

Hodge then sent over a late penalty for a one-point lead which they held until full time.

Steve Bates said: "It was a tough game, Italy played well but we put them under a lot of pressure but didn't turn that pressure into points and they capitalised on the opportunities they had.

"We will look back and say we made far too many individual mistakes, but credit to our guys for fighting back in the manner they did to get the victory and the guys should be proud of that.

"The standard of rugby in this tournament is increasing each year and with every game and we've had two physically demanding games which the players have put everything into so the challenge will be for the players to recover and pick themselves up for the final pool match against Australia.

"It's disappointing the position we're in as we've come here to win the tournament but if you don't play well then you are going to struggle as there are no easy games in this Championship.

"We will go into the Australia game looking to give a good account of ourselves and whatever happens after that we will deal with."



See diabetes differently this Diabetes Week 10-16 June

Diabetes UK is urging the public to share facts to increase diabetes awareness

Diabetes Week is taking place from 10 to 16 June 2019 and aims to increase the public's understanding of diabetes. This year, Diabetes UK is asking people to share five facts to help people see diabetes differently:

• Chances are, lots of people you know are living with diabetes.

One in 15 people live with diabetes. That's 4.7 million people in the UK - more than cancer and dementia combined. That includes one million people who don't even know they have Type 2 diabetes.

• There are different types.

Type 1 and Type 2 are the two main types of diabetes. There are rarer types too. What they all have in common is they raise sugar levels in the blood. And that can seriously damage the body. But why they happen and how they're treated varies.

Anyone can get diabetes, at any time. It doesn't discriminate. Why people get diabetes is complicated. Some things increase your risk of developing Type 2 diabetes, from genetics and ethnic background to gender, age and lifestyle factors. But sometimes it isn't clear why people get it.

• Diabetes is relentless. It's day in, day out. It never stops. It's not just tablets or injections. It's so much more than that. Every day involves a thousand little questions, decisions and things to remember. It's appointments, checks, calculations, what to eat. It's your care on your shoulders. It's knowing things won't always go to plan.

• It might make life harder but it doesn't have to change your ambitions or adventures. For many people it never stops, but you don't have to either. When you've got diabetes, just getting through the day can be a monumental achievement. But it doesn't mean life stops.

People have become professional athletes, topped the charts and ruled the country with diabetes.

Roz Rosenblatt, Head of London at Diabetes UK, said: "We know diabetes is complicated and hard to understand. Whether it's living with it, the causes or the various treatments, it's never simple. It can be hard to talk about it openly, and start to tackle it when there's so much misunderstanding.

"Living with the condition is tough enough, without having to worry about what other people think, feel or say. This Diabetes Week we want to help people know more about diabetes, not just as a condition, but about how it feels to live with it."

See diabetes differently. Find out more about what it's like to live with diabetes and what you need to know, go to <u>www.diabetes.org.uk/diabetesweek</u>

#SeeDiabetesDifferently #DiabetesWeek

Throughout the week, there will be a range of events and initiatives organised by Diabetes UK in to raise awareness of the condition.



Shut out due to sight loss: Three in four guide dog owners illegally refused service

New figures, launched today, show that three-quarters of guide dog owners (76%) have been illegally turned away by businesses and services, such as taxis, restaurants, shops, cafes, hotels and pubs.

As well as being against the Equality Act 2010, these access refusals have now been shown to have a devastating impact on a people's mental health.

The research, from Guide Dogs, shows that more than two thirds (72%) of guide and assistance dog owners say it negatively affects their ability to go out socially, 70% say it has a negative emotional impact and more than half (55%) say it negatively affects their quality of life.

To tackle these refusals, Guide Dogs and the Royal National Institute of Blind People (RNIB) have collaborated to create new support to empower those facing discrimination. The Equality Act toolkit provides information and advice to guide dog owners across England, Scotland and Wales, informing them of their legal rights and including practical information and guides to challenge access refusals.

Bhavini Makwana, 39, from London was recently refused access five times in ten days with her guide dog Colin. Last year three taxis and minicabs refused to take her to work in the space of three weeks. On Mother's Day this year Bhavini and guide dog Colin were refused entry to a restaurant for a celebratory meal with her two daughters.

Bhavini explains how these constant refusals are making her feel:

"All I want to do is go to work and live my life. But being turned away by three times in three weeks was mortifying. It makes me feel like I don't matter at all. It feels like people with a disability have to fight for everything they need just to be accepted into society."

Guide Dog's research also offers insight into where access refusals happen most often, with data showing that the most commonly reported businesses refusing access were:

- minicabs and private hire vehicles (73%),
- restaurants (71%),
- convenience stores (60%),

- and cafes (59%).

On Wednesday 19 June 100 guide dog owners will go to Parliament to speak with their MPs about their experiences of being refused access. Guide Dogs, supported by 30 organisations including the RNIB, is calling for the Government to introduce mandatory disability equality training for all taxi and minicab drivers to help prevent refusals from taking place.

Kirstie Bower, Director of Skills, Information and Support at Guide Dogs, said: "Often establishments, businesses and services don't fully understand their obligations in law, but ignorance is not an excuse. This discrimination has a devastating impact on people's lives, their confidence, and their sense of belonging to society.

"We're worried that the number of refusals reported to us may just be the tip of the iceberg, as one in four assistance dog owners tell us they find reporting an access refusal too difficult or time consuming. Working with RNIB, we want to empower people with sight loss to take action against this illegal discrimination."

David Clarke, Director of Services at RNIB, said: "Although I have experienced access refusals first-hand, it is shocking to see just how widespread everyday discrimination against blind and partially sighted people really is.

"Our legal services team works tirelessly to challenge discrimination, including illegal access refusals, but we believe it is vital that people are aware of the law and have the tools they need to tackle illegal practice themselves. By working with Guide Dogs to create this toolkit, we hope that the expertise of our legal rights team will inform and empower even more guide dog owners to know their rights, recognise unfair practice and challenge discrimination should they encounter it."

The new jointly-produced toolkit contains details of a guide dog owner's rights under the Equality Act 2010 (England, Scotland and Wales) or the Disability

Discrimination Act 1995 (Northern Ireland), a step-bystep guide to making a complaint, an example complaint letter, plus an advocacy letter from Guide Dogs and RNIB with a summary of the law and information about the service provider's obligations.

Guide dog owners can get the toolkit from their local Guide Dogs team, or from RNIB on 0303 123 9999. www.guidedogs.org.uk



Ensuring food safety and standards

The Food Standards Agency1 (FSA) and other departments must work together to make food regulation financially sustainable and manage emerging risks such as climate change, population growth, crop disease, food fraud and potentially importing more food from non-EU countries, according to today's report by the National Audit Office (NAO).

Failures in food safety can have catastrophic consequences for human life, public confidence and the economy. Around 1 million people in the UK suffer an illness from food each year, potentially costing £1 billion. Managing food safety is challenging because of the highly complex food supply system, which involves food producers, processors, retailers and caterers of varying sizes.

The cost of delivering food controls in England in 2016-17 was an estimated £164 million, with 73% of costs being met by local authorities and port health authorities. Spending on food hygiene by local authorities fell by an estimated 19% between 2012-13 and 2017-18 because of funding pressures2. Food hygiene staff numbers declined by an estimated 13% relative to the number of food businesses in operation over this period, while food standards staff reduced by 45%3.

Consequently, some local authorities are failing to meet their legal responsibilities to ensure food businesses comply with the law. The proportion of hygiene checks of businesses (including detecting unsafe food) that were 'due' and successfully carried out rose between 2012-13 and 2017-18, from 82% to 86%. However, less than half the food standards checks (to ensure food is what it says it is) that were due took place over this period, with only 37% carried out in 2017-18.

£1bn		£164m 516,000	516,000	Nevertheles businesses
Food Standards A (FSA) 2015 estima total approximate cost of food-born ncluding the cost mpact of illness of well-being, loss o and hospital admi	ate of the annual e illness t of the on individual f earnings	FSA estimate of the total cost of delivering official food controls in England in 2016-17	Approximate number of food businesses in England in 2017-18	requiremen food-borne broadly stat and 2017-1 businesses 'broadly cor
90%		nesses that achieved 'broad co equirements in 2017-18	ompliance' or better with	hygiene req increased fr to 90% in 2
13%		decline in the number of food food businesses) between 20		confirmed h
45%	e e al merce e	decline in the number of food food businesses) between 20		below level FSA investio
37%		n of 'due' food standards inter- prities in 2017-18 compared w	,	The FSA mo illnesses fro
50%	proportion outside the	n of all food consumed in the L e UK	JK that is produced	businesses hygiene req

the FSA currently assesses whether food is what it says it is based on consumer confidence rather than on objective evidence of food authenticity. The FSA has begun to develop measures to improve its data in this area.

The public needs better information to make well-informed choices about what food to buy or what services to use. Food hygiene ratings for businesses are published online, but in England, where display is not mandatory, only 52% of businesses display food hygiene ratings in their premises, compared to 87% in Wales and 84% in Northern Ireland, where display is mandatory. The public also remain unclear on what information food businesses should provide about whether food contains allergens.

The FSA recognises that it needs to respond to new risks and challenges and has begun reforming its regulatory system to help it better direct resources according to risk. This includes changing how food businesses are registered and introducing national inspection strategies for food businesses with more than one site.

The FSA re-prioritised some of its reforms to prepare for EU Exit. The UK's Exit from the EU will have a significant impact on the UK as some 90% of UK food legislation reflects EU regulations. Around half of the food consumed in the UK is produced in the EU and other countries, often through complex global supply systems. The FSA spent £6.2 million of its budget on EU Exit preparations and received £15 million of additional EU Exit funding across 2017-18 and 2018-19. For example, the FSA has built its capacity to deal with food incidents if the UK loses access to EU systems and networks.

However, the FSA has found it difficult to progress its reforms in other areas. Some reforms will require legislative changes, but these may not be possible in the near-term due to the parliamentary programme being delayed by the government's preparations for EU Exit. The government does not have a clear view on what a financially sustainable food regulation system should look like. It is considering making businesses bear more of the costs of regulation, but there are concerns that this could burden businesses and local economies. The NAO has not seen evidence of joined-up strategic thinking about the level of funding needed for a sustainable system that protects UK consumers from future food risks, and how much local authorities and businesses should contribute.

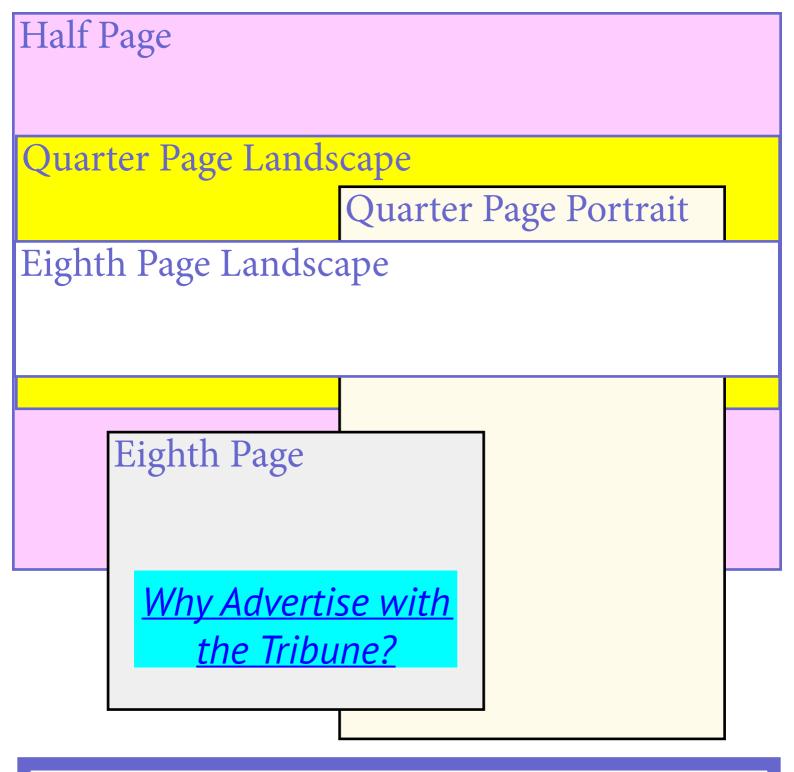
The NAO recommends that within six months of the UK leaving the EU, the FSA and government should start to evaluate the medium- and longer-term impacts of EU Exit on the food regulation system and identify potential resource gaps. Clarity is needed on what can be done to avoid incidents that may affect future confidence in the food system and trading relationships.

Gareth Davies, the new head of the NAO, said today:

"The regulatory system is showing signs of strain with fewer food control staff in local authorities and delays in the checks they carry out on food businesses. This is at a time when the regulatory system faces increased challenges, particularly as we move towards new trading relationships after the UK leaves the EU."



National Audit Office



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