

TickerTape - News in Brief

20mph limit roll-out begins

Roads in Richmond upon Thames are about to become safer for all our roads users with the phased roll-out of a borough-wide 20mph speed limit beginning today (5 August) with the area around Kew Green and part of Hampton.

Following a consultation last year, which had 10,000 responses, it was agreed a 20mph limit would be implemented across the borough excluding TfL red routes, as well as parts of the A305, A308 and A310.

To make the implementation of the scheme as simple as possible, the borough has been split into 25 areas which follow natural boundaries like the river, railway, excluded roads and the borough's borders. The 20mph speed limit will go live in one area at a time.

Residents will notice changes to signage as the 20mph scheme rolls-out in their area. The Council will be taking the opportunity to declutter existing signage, such as entry plates for CPZs. Information on the go-live dates for each area will be available on Richmond Council's website.

Quilter International England v Wales

Sunday 11 August is the England v Wales pre-World Cup match at Twickenham Stadium. KO 2pm

Whitton Road, Rugby Road and London Road will be closed from around 12 noon to 2pm, and from 3.30pm to around 6pm

Anger At Twickenham Stadium Advert

Twitter was awash with posts unhappy with an advert from Twickenham Stadium, which promoted free shuttle buses to the stadium up to **two hours before kick-off**, but with a charge of £3 per person for using the service **less than two hours before kick-off**. Many complaints viewed this as encouraging lengthy pre-match drinking at the stadium's bars, while bypassing Twickenham's own pubs and eateries. You can pick up the Twitter thread <u>HERE</u>

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Following an excellent weekend of cycling last week, watching the Prudential RideLondon, TwickerSeal was keen to get

on his bike.

He decided to take one of his favourite routes, from Twickenham to Kingston, with a stopover at the Anglers pub. Canny cyclists, such as TwickerSeal, know that there is a bridge at Teddington Lock, which enables cyclists to easily cross the river. Of course, as a law-abiding seal, TwickerSeal always dismounts and pushes his bike across the bridge; the crossing is quick, but you have the time to enjoy the view of the river and weir.

TwickerSeal has heard talk proposing a new bridge to cross the river, with Radnor Gardens a favoured location. TwickerSeal thinks a shiny new bridge might be rather nice, although integrating it with the Twickenham Riverside development would probably make more sense.

Obviously finding the funds to upgrade and install adequate local cycling infrastructure first will be the priority, so any bridge might have to wait.



PART 139 – THE CASTLE HOTEL & CASTLE ASSEMBLY ROOMS



Back across the river to the Surrey side of our borough this week which allows me to finish on a personal anecdote.

If there was one building in Richmond that formed happy memories with generations of local folk this is probably the one. Situated in Whittaker Avenue off of Hill Street the original Castle Hotel was built in 1761. It was the successor to the old Castle Inn in George Street and was demolished in about 1888.



In 1890 The Castle Hotel and grounds, excluding the Assembly Rooms, had been given to the town and so became the site of the 'new' Richmond Town Hall.

Our first postcard dates from c1922 and shows the Castle, the town hall and the monument. The Castle ballroom and its various bars had been an annexe of the hotel called the "Castle Assembly Rooms" Across the road was (and still is) Castle Yard which was the area allocated to the many stables in the 18th 19th

and early 20th centuries.

The second postcard shows the Castle assembly rooms and is dated as used in 1920. Within the Assembly Rooms complex were the "little ballroom" and the "big ballroom" which

have been put to many uses over the years. There was an early theatre and even an early cinema around 1910 which is possibly the earliest cinema in Richmond.

The Assembly Rooms were used for countless functions throughout the 20th century including the British Chess Championships in 1912. The rooms evolved and as we come forward to times in living memory some readers may remember the Barn bar, Buffet Bar, Tudor bar, Terrace bar, Bier Keller, Cheeky Pete's



and a few other short lived "go to" locations like Henry's Bar etc.

In the 6o's and early seventies there was a period when large numbers of young people descended on the Castle at weekends with the various tribes of youth all claiming supremacy. Were you a mod, rocker, skinhead or hippy? The local police claimed plenty of overtime into the early hours as the couple of cells downstairs at the Police Station in Paradise Road were found to be insufficient to house those young people who had found themselves in clashes with other tribes. The illustration is of a two for one entry ticket from 1971.

And so to an embarrassing personal anecdote that very few people know about so please don't tell anyone!

On June 14th 1970 England were playing West Germany in the quarter final of the World Cup in Brazil. I was a young barman in the snug at the Castle that night. The snug was normally a quiet bar but on this night there was a TV on and everyone was watching the game. At half time England were 2-0 up with goals from Alan Mullery and Martin Peters. The mood was good and as the only barman on duty I naturally accepted the goodwill of the customers as they included me in their rounds.

The game was England's to win and a semi-final place beckoned until Franz Beckenbauer knocked one in during the 68th minute. Oh dear. It all went pear shaped as first Sir Alf Ramsey substituted our talisman Bobby Charlton and then Germany's number 9 Uwe Seeler scored



within minutes. 2-2 and things were looking dodgy in the snug bar back at the Castle. For some reason beer was flowing rather quickly.

Into extra time and so now the thinking was that we had beaten them in extra time in the 1966 final so we could do it again tonight. Good theory of course but nobody told Gerd Muller the German forward who scored the winner in the 108th minute to put West Germany into the semi-final and England on a plane back to London.

It seemed at that point that it was a good idea to have more beer but someone called the managers Mr and Mrs Wright as for some reason I seemed incapable of pouring beer, working the till or even talking. Suffice it to say that within minutes I was no longer employed as a barman at the Castle and in fact I remained banned from the premises until it was demolished as part of the Richmond Riverside Development project.

Shame. Over 200 years the Castle Hotel and Assembly Rooms had provided much pleasure to countless people but that's evolution folks.

My thanks to regular Tribune reader Dave Trigg who came up with an answer to last weeks' question on 'Where is the Whitton – Twickenham boundary?' Dave's answer: "My understanding is that the traditional boundary was the River Crane but it is generally accepted now to be the A316 Chertsey Road." That makes sense to me but if anyone has a different take on it then please let us know.

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 alanwinter192@hotmail.com I would like to see them and I pay cash!

Mayor of London to consider Homebase planning application

City Hall has 'called-in' the Planning decision on the redevelopment of the Homebase site in Richmond. This follows a resolution by Richmond Planning Committee to recommend refusal.

On 3 July, the Planning Committee considered an application for a mixed-use development, creating 385 homes in a four-nine storey redevelopment on the Manor Road site. Following consideration of all the representations and the officers report, the Committee recommended the application be turned down on a number of grounds. These included; failure to deliver maximum reasonable amount of affordable housing, the design and scale being visually intrusive, dominant and overwhelming; the quality of the proposed accommodation and the impact on surrounding properties.

Planning regulation dictates that developments of 150 residential units or more, or over 30 metres in height, must be referred to the Mayor of London, after the Council has made a decision recommendation.

Following a review of the Manor Road application outcome, the Mayor of London has decided to use his powers to direct that he will become the local planning authority for the application.



The Mayor believes that this development is of a nature or scale that would have a significant impact on the implementation of the London Plan policies on housing and affordable housing

The Mayor must hold a public hearing before deciding whether or not to grant planning permission. A hearing date has yet to be set.

The Mayor of London has published details of the application on the GLA website, including their Stage 1 Report; background information on hearings and how to comment on the application.

For more information, go to: www.london.gov.uk/what-we-do/planning/planning-applications-and-decisions/public-hearings/homebase-manor-road-public-hearing

Residents can make representations to the Mayor by emailing mayor@london.gov.uk. The GLA reference is 4795. Representations can be made up until the hearing.

Jesenstall becalled

By Emma Grey

Until 16 August: The Exchange, TW1 1BE Exhibition documenting THE BEATLES IN TWICKENHAM, including the making A Hard Day's Night filmed at the Turks Head, and Help! Made in Ailsa Avenue, St Margaret's.



Saturday 24th August, Midnight River Blues Band, the Prince Blucher on Twickenham Green.

Ongoing- 24 August. 9.30-6.00, (Mon-Fri, Sat.-4.00) Riverside Gallery, TW9 1TP. Richmond Printmakers exhibit TRANSFORMATION. Works of art from plain, unblemished wood, metal, stone, lino or silk.

All The World's A Stage at Richmond Theatre, Sunday 15 September, Tickets Free, 120 years of history of Richmond Theatre presented by Theatre Director Brendan Riding with Mark Fox of the Matcham Society and Paul Velluet of the Richmond Local History Society.

Saturday 14 - Saturday 21 September: 7.45 (Sunday, 15: 3.00) The Mary Wallace Theatre, TW1 3DU. Richmond Shakespeare Society's production of THE FATHER by Florian Zeller, translated by Christopher Hampton.

Sunday 15 Saturday, 21 September: 7.45 (Sunday, 15: 4.00) Hampton Hill Theatre, in the Studio. TW12 1 NZ. Teddington Theatre Club's production of MARVIN'S ROOM by Scott McPherson.

Saturday 28 September - Friday, 4 October: 7.45 (Sunday, 29: 6.00) At Hampton Hill Theatre, Main Auditorium: DAISY PULLS IT OFF by Denise Deegan. Info: www.teddingtontheatreclub.org.uk

Ongoing. Orleans House Gallery: SUMMER EXHIBITION. Other exhibitions also continue.

Ongoing. Wednesdays-Sundays, 12 noon-4.00. Turner's House. Exhibitions: MINIATURE LANDS OF MYTH AND MEMORY. Don't miss. Wander around the garden now in full bloom. Info: www.turnershouse.org

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 28 July, Twickfolk invite you to another of its popular SINGAROUND when you can join in with your own song or not, or just sit and listen.

Until September. THE PUPPET BARGE returns to the Riverside at Richmond, opposite the Terrace Gardens, TW10 6UT. Three programmes on different dates through 3 months.

If you are interested in advertising an Arts & Entertainment event write to Emma at contact@ twickenhamtribune.com for futher information.

The Big Butterfly Count

There's still time to take part in the Big Butterfly Count in Marble Hill Park. Pick up an

identification chart from the Coach House cafe and and record the butterflies you spot



More info at www.bigbutterflycount.org

Local MP visits the Be At One, Twickenham

Sir Vince Cable, MP for Twickenham and former Leader of the Liberal Democrats, recently visited the Be At One in Twickenham to mark its official re-opening following the completion of a significant £250,000 investment in the site.

During his visit, Sir Vince Cable met Operations Director Sarah Miller, Area Manager Lukas Strikas and General Manager Louise Prudent. He was given a tour of the venue and learnt about Stonegate's apprenticeships, training and development schemes.

During his visit, Sir Vince Cable MP, said: "I thoroughly enjoyed my visit to the Be At One in Twickenham. It was great to see the venue's new-look and learn about the training and career pathways which Stonegate offer to their staff. I was also interested to hear that Louise is the chairwomen of the Local Pubwatch scheme and what that



entails. It was a fantastic experience to make my very own cocktail and to see the hospitality industry in Twickenham thriving."



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darryl parkin

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Council Leader writes to Chief Superintendent calling for increased police presence in the borough

Leader of Richmond Council, Cllr Gareth Roberts has written to head of the South West Borough Command Unit, Chief Superintendent Sally Benatar calling for an increased police presence in Richmond town centre.

In the letter Cllr Roberts says:

'As a direct result of the closure of Sovereign Gate and a recent spate of high profile crime against younger residents on Richmond Green, residents in Richmond and surrounding areas now feel unsafe in our borough. I appreciate that crime in Richmond

is relatively low, however you will, I'm sure, understand that fear of crime can be as powerful as being a victim of crime.'

Cllr Roberts goes on to outline the uniqueness of the borough, which is the only London borough situated on both sides of the River Thames, and how having the only manned police station in Twickenham (on one side of the River) gives residents on the Richmond side of the River a feeling of isolation from their main police station.



He concludes by asking the Chief Superintendent to 'bring pressure to bear on the Mayor of London and Commissioner Dick to restore a

visible police base in Richmond Town Centre.'

The Council has been working alongside partners to help address concerns around crime particularly in the Richmond area. Whilst monthly robbery figures have halved over the last two months, an increased police presence in the area has been secured with four extra officers to be on the ground over the summer months.

Additionally, Richmond Parish Lands Charity has secured funding for a youth service bus to be present on Richmond Green for 10 weeks over summer to help engage with young people and address issues around robberies in the area.

The <u>letter to the Chief Superintendent</u> comes following a petition from local resident, Felicity Barkus presented at the latest Full Council meeting.

World InfoZone - linking the world

Written and visual communication are important factors in the way many of us perceive the world around us and the extent of that communication has been greatly enhanced by the everyday use of the internet.

The reach of written communication changed dramatically towards the end of the last century and it was in those early days that World InfoZone started its explorations gaining first-hand knowledge from people around the world and looking at the links and histories, between, and of, each country.

As communication has become greatly enhanced worldwide it seems conversely, in some areas, that there is less formal written communication with regard to our local news. Working with the Twickenham & Richmond Tribune World InfoZone lends its information where appropriate but websites can be accessed worldwide and the Tribune is finding that news of our relatively small part of the world is spreading worldwide with eager readers in the US as well as some of the most unlikely places.

Perhaps these readers have a connection with us or maybe they just enjoy finding out about other parts of the world and their histories, just as World InfoZone once sought information for those of us interested in the wider world.

The Tribune is read in many countries, including: USA, Canada, France, Greece, Spain, Gibraltar, Portugal, Italy, Germany, Norway, Romania, South Africa ... and more.

World InfoZone is a partner of the Twickenham & Richmond Tribune

World InfoZone

"World InfoZone demonstrates the power of the Internet in promoting a participatory approach in support of lifelong learning" - **Head of Informatics, The World Bank**

"the content of your site is vast"... "impressed with the level of interactivity" - **BECTA (British Educational Communications and Technology Agency)**

"Your work demonstrates the power of the internet to bring a global perspective to teaching and learning throughout the curriculum" - **Teacher Training Agency, UK**

"I found a fantastic link ... to 'World InfoZone' and the bit on Kazakhstan, which of course led me onto searching through the whole World InfoZone site and several hours later I realised I needed to go to bed" - **Mongol Rally blog**

www.worldinfozone.com Partner of the Twickenham & Richmond Tribune





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THE RIFLEMAN MAKES A COMEBACK!

By Alan Winter

Bucking the national trend which sees pubs disappearing across the country at an alarming rate, one of Twickenham's favourite back street Victorian public houses opened for business again on Thursday afternoon.

The Rifleman in Fourth Cross Road closed in March amid questions over its future. Fortunately the lease has been taken over by Twickenham Fine Ales of Mereway Road.

Twickenham Fine Ales is London's oldest microbrewery. Founded by local resident Steve Brown in 2004, Twickenham Fine Ales became the first brewery in Twickenham since Cole's brewery closed in 1906. It has been at the forefront of the resurgence of breweries in London and produces a fine range of award winning beers.

You can try out and enjoy some of these beers at the Rifleman right now! As you would expect with such a professional business and brewing background, it has everything you would want from a local pub.

Managed by experienced landlord Gavin Norman and his team, the pub's rear garden has been extended and has had a makeover. The window boxes and hanging baskets are a delight at the front and sides and there are outside tables on the elevated patio at the front as well. The barbecue is ready for the coming Rugby and Football seasons and big screens will be in place to watch the games. Open Mic night returns on Thursday evenings where the cream of the area's local musicians will strut their stuff!

What's not to like! In fact I'll pop down for a pint later. See you there!

Photo shows the Rifleman landlord Gavin Norman pulling a pint on opening afternoon.





Out Foxed

Foxes are opportunistic animals and will take advantage of us when ever possible. Twickenham resident Doug Goodman tolerates them in his garden but when fox parents eject their cubs to find a new home things become difficult. One crafty cub tried to get rent free accommodation in Doug's bedroom. Discovered under a bookcase the cub was quickly sent packing but not before wrecking the bedroom.







Landmark Neighbourhood Watch Cybercrime Survey Launched

Help us understand the impact of cybercrime and be in with a chance to win £50 worth of M&S vouchers Neighbourhood Watch has today launched a landmark new survey to understand the impact of cybercrime on communities across England and Wales.

Traditionally Neighbourhood Watch has been focused on keeping people safe in the places they live but with the advent of new technology, it's clear people can be at their most vulnerable when they occupy online spaces.



Action Fraud, the national fraud and cybercrime reporting centre run by the City of London Police, revealed that last year cybercrime victims lost £28m to online criminals. It reports more than 12,000 cases of cybercrime every six months.

With the threat from online criminals only ever increasing, it is essential we understand the impact this type of crime has on members as well as their understanding and perception of cybercrime. The survey, designed in conjunction with cybersecurity company Avast, takes just 10 minutes to complete and one lucky responder will be in with a chance to win £50 worth of Marks and Spencer vouchers.

The survey can be completed via the following link: www.surveymonkey.co.uk/r/nw_cybercrime

SUP-YOGA & SUP-PILATES CLASSES IN TWICKENHAM

SUP-Yoga & SUP-Pilates classes offer a unique, dynamic and fun way to challenge your fitness on water! The sessions are taken on anchored paddleboards floating on water. The buoyancy of the water adds intensity to every movement and makes a refreshing change from usual mat classes. The classes suit all levels and abilities. EPIC SUP are running SUP-Yoga and SUP-Pilates classes from Twickenham Rowing Club, this summer.

To book or for enquiries contact: coach@epicsup.org

River Grane Sanctuary









"I like to see a thing I know has not been seen before, That's why I cut my apple through to look into the core. It's nice to think, though many an eye has seen the ruddy skin, Mine is the very first to spy the five brown pips within." Anon

So much is blooming along the River Crane Sanctuary if we take the time to look; Apples and Pear trees growing wild and many berries ripening in the hot sunshine. We were captured by the beauty of the Artichoke growing in the Twickenham Gardening Allotment opposite Meadway Orchard and looking closer into its lilac core we spied a bee also foraging. See it? Sometimes we have to look deeper to see what is there and not visible on the surface. Gardens are being lauded as havens for our endangered flora and fauna and there is a deluge of information coming at us to help give options for things we can do to help. "Did you know that composting at home for just one year can save global warming gases equivalent to all the CO2 our kettle produces annually, or our washing machine produces in three months?" I am not sure how these figures are worked out by scientists but why not compost anyway and get some lovely fresh nutrients for the garden and encourage the worms to multiply. 'Stumperies' are also great for propagating mushrooms and enabling lifeforms to flourish. Leaving some logs from any felled trees to rot away naturally is encouraged. Take a look at the amazing Stumperies built by the Victorians and copied in great gardens for their visual impact as well as their ecological benefits.

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

Twickers Foodie - By Alison Jee

A FLURRY OF FESTIVALS



We are very lucky here in the Arcadian Thames; there are so many different food and drink related festivals held locally. We've already had the Surrey, and the Middlesex Food Festivals (the latter was last weekend and fab) and the Foodies at Syon Park. Later this month (24-26 August Bank Holiday weekend) we have the Hampton Court Palace Food Festival with Bake Off winner Nadiya Hussain and Michel Roux Jr doing dems. Local Teddington restaurant One One Four will be presenting a menu inspired by its latest restaurant in Surbiton, Cento Uno.

There is a new event, the <u>Surrey Chilli Festival</u>, taking place on **September 7 &** 8 at Imber Court Sports Club in Esher, which promises to be great fun (with lots of hot stuff!). There is a 2 for 1 ticket offer running till 23 August by the way. The following weekend there we have <u>The Handmade Festival</u> returning to Hampton Court Palace with TV's Kirstie Allsopp. (see below for chance to win tickets)



And in September (12-16) there is the Cook Book Festival taking

place in Chiswick. This is a great event with all manner of food writers getting involved. A variety



of locations will host some top chefs and cooks and there will be talks, hands-on workshops and lots of other great events.

You can find out more about the events here

The festival runs alongside the Chiswick Book Festival and all proceeds from the events go to charity.

WIN A PAIR OF TICKETS TO THE HANDMADE FESTIVAL AT HAMPTON COURT

The Handmade Festival returns to Hampton Court Palace for the sixth year running from 13th to 15th September, where guests are invited to learn new skills or hone existing talents across an array of creative pursuits.

You and a friend could win a pair of tickets to join Kirstie Allsopp or Liz Earle to enjoy a day of inspiration and creativity through hands-on workshops, visiting fantastic independent makers and indulging in delicious samples of artisan food.

For more information and to book tickets, please visit www.thehandmadefestival.com

TO ENTER, tell us who Kirstie Allsopp's co-presenter is in the popular TV series Location, Location, Location. Send your answer in the subject header to win@twickenhamtribune.com and don't forget to include your other contact details. Closing date: noon Friday 30 August

Terms and conditions:

Prize is for two pairs of entry only tickets to The Handmade Festival at Hampton Court Palace so there will be two winners. Prize is valid on any one day of the Festival, 13-15 September, subject to availability. Prize is non-exchangeable and non-transferable. Does not include any travel or accommodation or expenses. Prize does not include workshops or talks – workshops and talks are available to purchase on the day or online additionally, subject to availability. Not all experts appear on all days. Details correct at time of print.



WHERE SHALL WE GO!!!!

By Bruce Lyons

I think the greatest benefit of a weekend away is the culture shock (charm) of visiting new pastures and experiencing different cultures with customs

far different to ours. If is not the History, perhaps it is the art or the sheer beauty of the landscapes, maybe all three. As the years pass and the smaller no frill airlines search for new territory we benefit from a larger selection of affordable breakaways and it will continue, especially to the emerging countries, once in the Soviet Bloc

For now we must content ourselves on routes already established and here are some of our favourites, unfortunately once you pass the 2000 miles barrier your Air Passenger Duty enters Band B and this immediately lifts the air fare content quite



Gibraltar

a lot, so in the main these notes relate to Band A routes.

Gibraltar, perfectly sized for a weekend break with extraordinary history stretching back centuries, it became a British Territory back in 1713 and

has remained so ever since. Caves, Walks up the Rock, Museums and Duty-Free shopping all add up to an unusual mix. Gibraltar Day is September 10th when the whole Peninsular is bedecked in Union Jacks, Home from Home in the Sun?

Eastern Europe is perfectly placed for short breaks and you can even create short three centre (or two) between Budapest, Bratislava and Vienna all



Marrakesh

on the Danube
- even travelling
between them by
River! More exotic



Tallinn

perhaps is Morocco (still in Band A Air Passenger Duty) with breaks in Marrakech, Agadir (Coastal) or Fez, the religious Capital, Morocco is often dubbed with good cause a Feast for the Senses.

Italy offers the Lakes from Verona, and the fall is a perfect time to visit with prices dropping after

their Summer High and the temperature being a tad cooler as well.



Venice

Como, Lake Orta and Maggiore are best reached from Milan and Lake Garda via Verona – just 25 minutes from the airport, But Venice is the most popular of all. Apart from its History and the compact nature of the City with its wonderful Canals, there are the outer islands all reachable from St Mark's Square. The break starts as you arrive at the airport as your transfer is by

waterbus strait into the lagoon and you can get dropped at the pier (Bus stop) for your hotel – usually a short walk in the alleys of a 100/200 metres. There are wonderful concerts and operas you can book when you get there as well as visits to the Basilica and the Palace Ducale in St Mark's Square and also excellent walking tours. For some Venice might be too busy, but if you have not been don't let that deter you, it is a city like no other.

Jumping into Band B will bring you to Jordan and Aqaba it's only seaboard town on the Red Sea and nearby Petra and the Nabatean Fortress City on the Spice Route as well as Wadi Rum, immortalised by Lawrence of Arabia, where you can camp with the Bedouins even stargaze and a short hop away is Tel Aviv, with plenty of No Frill flights giving opportunities of breaks both in Tel Aviv with it Museums, Galleries and the White City of Bauhaus Houses from the 1920/30s now



Agaba

restored and Old Jaffa, Tel Aviv has a wonderful beachfront too,. Or base yourself

Constant Store (Flashro)

Jerusalem

in Jerusalem, The Holy City or even visit the Holy Land around the Galilee and Lake Tiberias

Both Aqaba and Tel Aviv can carry a higher airfare, but not enough to put you off and of special note is you can combine Aqaba and Tel Aviv economically – ask!

So, if you missed out on a Summer Break or been delegated to Grammy Duty think about these destinations and regain your Mojo

The Father

by Florian Zeller (translated by Christopher Hampton)

Directed by Stephen Oliver





"The shadows are closing in"

The Mary Wallace Theatre

The Embankment
Twickenham
TW1 3DU

Saturday 14th to Saturday 21st September 2019

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Success for first Hospice Summer School

"They started off very apprehensive about what a Hospice is ... and by the end of the week had discovered that end of life care is not depressing and can be fun and uplifting."

So said one of the Princess Alice Hospice Summer School leaders in the wake of the first week-long course for young people at the Esher-based Hospice.

The Summer School programme is a City and Guilds course designed for students aged 16 to 19 who might be interested in a career in health or social care.

Successful completion of the week, which includes the compilation of a workbook, results in a City and Guilds Level 2 Award in End of Life Care.

During Summer School, 13 students had the opportunity to meet patients at the Hospice Wellbeing Centre and also various staff in clinical and non-clinical roles.

This first group particularly enjoyed the speed-networking event where they were able to interview nurses, doctors, a physiotherapist, occupational therapist and social worker, about their work, the qualifications needed and the skills/attributes necessary for the job. They learned about how to deliver care in a person-centred way and how to communicate sensitively with people who might have a life-limiting illness.



Jade and Olivia with Man Shedders



Nelliesha meets a patient in the Wellbeing Centre



Students doing a poster project on care

Inhibitions were shed as they brushed each others' teeth, fed their partners jelly and juice, washed their hands and gave soothing hand massages.

The students met patients in the Wellbeing Centre, where people with life-limiting conditions can drop in to enjoy arts and crafts, active therapies, symptom management, future care planning and so on.

The students put into practice their new communication skills - being mindful to let the conversation be led by the patient, for example, asking open questions and actively listening - and being responsive to the patients' comments about their illness or circumstances.

"They came up with some brilliant suggestions once they started to think about responding to sensitive or difficult questions," said a session leader.

A session in the Hospice Man Shed went down well with students and shedders alike; the latter put together a team activity which they then coached the students in solving; then came more practical work in the form of building small electric motors.

Some of their comments before and after the course reflect the students' preconceptions - and illustrate how the hands-on experience at the Hospice has had a strong, in some cases profound, effect on their understanding of end of life care.







Practical experience helping someone drink



Brushing with confidence

They were asked: "What do you hope to learn?"

"Some important skills that can help with my later career."

"How patients' families feel about the Hospice's care and how it has helped their loved one." Reflect on your expectation from day one - have these changed over the week and if so, how? "At the start of the week I wasn't too sure what to expect; however, it has proved to be very educational."

How has attending the Summer School impacted on your career plans?

"I've always wanted a career in health care and more specifically as a doctor but I had never really considered specialising in end of life care as I thought it would be depressing; this experience has made me realise that it can be very rewarding and isn't a depressing environment."

"It had made me realise that I want to be a doctor more, because it opened my eyes to a whole new aspect of medicine."

"I am now aware of more roles in health and social care and the different pathways people follow. It has made me realise I want to study nursing, to then gain different experiences before deciding which direction to go in."

What have you learned from the Summer School?

"All the different roles involve in palliative care and health and social care in general."

"About how to communicate effectively with patients, in a way that helps them remain calm."

"We learned about palliative care, why it's important, and the factors of a 'good death'."

"I really enjoyed the summer school as it was a fun experience that changed my perspective on death and dying and made me realise that caring for patients is so much more than physically helping them - and I hope to apply this when I become a doctor.

"A Hospice is not just a sad place where people die - it is a place where people with a lifelimiting illness are comforted and taken care of so they have a happy death.

"I was surprised by how much the Hospice provides help for people in their own homes, such as fitting special equipment to make their lives easier - making a huge improvement to quality of life and helping them become more independent."

"I learned that even with the illness they don't see themselves as less than capable. One person I spoke with realised his limits and said that the Hospice really saved him, he spoke about the Man Shed and the social group."

The course was hosted by St. Christopher's Hospice, a C&G registered centre, with Princess Alice Hospice acting as a satellite base.

Students came from Esher College, Kingston Grammar School, Heathside School in Weybridge and Southborough School, Surbiton.



My Gardener's Boy By Twickenham Guerrilla number 2

On Sunday the 11th we are celebrating my gardener's boy 85th birthday. I am not sure what to get him but I am making him a card and we have already ordered the cake. He is really a wonderful gardener's boy full of good advice and with a very healthy work ethic and ready to do anything for anyone. So I really am lucky to have him. But he tells me he is getting a little tired of late and finds keeping all the guerrilla gardening plots that we have in good condition with the many seasonal plantings and constant watering is getting hard, the one he finds most difficult to maintain with me now is the one we have on the junction of Friar's Style and Hill Brow in Richmond. We have had this little planter for at least 10 years and the plantings have been magnificent much to my gardener's boy pride and also the pleasure of the many passer's by. But we have all sorts of projects we are involved with and now at 85 he feels the need to relinquish at least this one.



Maybe the council would like to take it on? It was a council initiative at the start, with Con O Brien then the town centre manager for Richmond suggesting to Bruce and I that we maintain it if he arranged for it to be installed. Or maybe one of the many flats and housing associations on Hill Brow or Friar's Style would like to include it in their gardener's repertoire? Or maybe there are some other organisations like a local Rotary Club or guerrilla gardeners who would like to take it on?

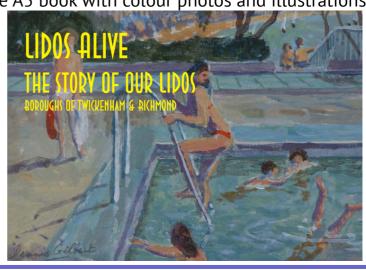
You can contact me or my gardener's boy on 020 8744 0474 or info@crusadertravel.com

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.



TRAVELLER'S TALES 42 MONASTIC TREASURES



Doug Goodman visits the monasteries of Mt. Athos and sees some of the treasures

Gaining entry to the Monastic Republic of Athos in the north of Greece isn't easy and even when the Holy Pilgrims' Bureau issues you with a visa only ten non-Orthodox male visitors are allowed in each day for a maximum of four days. I was granted entry three times some 20 years ago with small groups of writers as part of my work with the tourist authorities of Halkidiki.

Our stay in the monastery of Simonas Petras on the west coast of the peninsula provided the opportunity to visit the tiny capital Karyes and the Russian Monastery St. Panteleimon before travelling to the east side to stay at Vatopedi and visit Stavronikita.



Kayres the Capital. Church of the Protaton



Vatopedi Monastery. Dining Hall

WARM HOSPITALITY.

At each monastery we were welcomed by the Abbot in his audience room: the round wooden table in the centre had a white table cloth on which stood a bowl of loukoumia, (Greek Delight), a carafe of ouzo or even stronger firewater called tsiporou, black coffee and water. A blessing was said and many toasts exchanged. This was the traditional greetings' ceremony at every establishment. As you can imagine the effects of drinking in several monasteries combined with the heat made you a little unsteady! In the town of Karyes, mules were the main form of transport with monks loading goods from the dusty shops. A group of monks stopped work to pose for a picture before we entered The Protaton. This is one of the oldest buildings on Athos, restored in the 13th century, containing beautiful frescoes attributed to the famous painter Panselinos from the beginning of the 14th century. After buying local wine, rosary bracelets, icons, candles and manuscripts we headed for the Monastery of St. Panteleimon – known as The Russian Monastery. Imagine a tiny bit of Moscow's Kremlin joined to a dilapidated

Hampton Court. The building was vast, inhabited by just 20 monks and in a serious state of decay. Today, after several visits by President Putin and massive donations by Russian Oligarchs, the monastery is renewed and looking good. Many monasteries are in much better shape than 20 years ago thanks to generous EU funding. This has allowed some of the smaller, older buildings to install electricity and plumbing.

A MIRACLE PERFORMED

We saw gold and silver objects, ancient manuscripts and books, vestments and priceless icons in the monasteries' libraries and treasuries while monks were busy studying and restoring many of the items we were allowed to view. A drive along rough roads, through empty fields and woods took us towards Vatopedi, the monastery favoured by Prince Charles for his occasional retreats. In a dark wooded clearing as dusk



Kayres. Main Street

came on we were flagged down by three rather ragged monks with battered backpacks. They had just prayed that they might get to Vatopedi before the gates were locked so that a night spent in the open with prowling wolves could be avoided. They told us that several weeks had been spent on a pilgrimage walking from Bulgaria's Capital Sofia and said we had performed the miracle they had prayed for. We entered Vatopedi, just as the heavy gates were closing, in a very happy mood. Accommodation was in cells with very hard beds and rough blankets. Washing for guests was in a communal area and I never saw a bath or shower. The monks, I was told, do not expose any part of their body and wash in strict privacy. Vatopedi was founded between 972 and 985 and is a sprawling, fortified building on the seashore. The communal dining hall was spectacular: the seats and tables made from stone and the walls covered in paintings and frescoes. We were now accustomed to the banging of the wooden gong at sunrise to summon everyone to prayers. I can understand why Prince Charles enjoyed the peacefulness and spirituality of the monastery and its monks.



Community of Monks

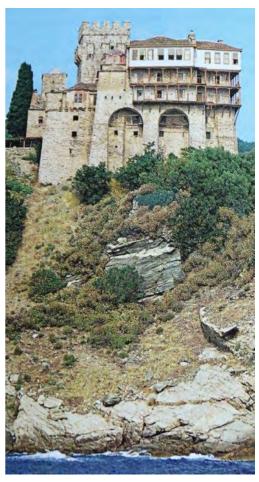


St. Panteleimon, The Russian Monastery

STAVRONIKITA.

At our final resting place, Stavronikita, we joined two jolly monks for a fish dinner in a house the two of them had built. No meat is consumed on Athos and because of the ban of female animals there's no dairy produce. Fish was a rare and delightful treat accompanied by vast amounts of homemade wine and fire water. Stavronikita, perched precariously on a hillside has its own aqueduct and is surrounded by fertile fields which provide self-sufficiency. We saw the refectory decorated with murals and the library containing brightly illuminated manuscripts and scrolls.

Our journey back was by fishing boat from the monastery's landing stage to the little port of Ierissos. Our hosts presented us with bread, honey and fruit and prayed for us on the quayside. They seemed genuinely sad to see us leave and we felt sad departing from such a beautiful place. We put our clocks forward 13 days to rejoin the Gregorian calendar and looked forward with some misgivings to returning to the other world. It had been a revealing and challenging experience visiting Athos with

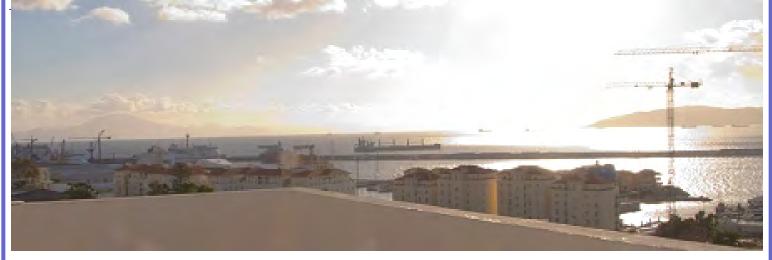


Monastery of Stavronikita

its discriminatory laws, its frugal way of life and its wonderful lack of all those modern luxuries that we really don't need.

A ROOM WITH A VIEW

Africa and Europe from a penthouse veranda at the Eliott Hotel, Gibraltar



http://worldinfozone.com/features.php?section=Gibraltar

All London school fires this year had no sprinklers fitted, new Brigade figures reveal

By Laura Proto

Shocking new figures released today show that no schools, which have had fires this year, had sprinklers fitted. This year alone, London Fire Brigade have attended 57 fires in schools* in the capital and new figures released by the Brigade show that not a single school had an automatic

fire suppression system (AFSS) fitted.





Hoxton School fire 2009

The Brigade has long been calling for sprinklers to become a mandatory requirement in schools. In particular, we want sprinklers to be mandatory in all new school builds and for all schools to be retrofitted with sprinklers during major refurbishment.

Sprinklers are especially important during the summer holidays when buildings are empty and fires can smoulder undetected, causing extensive and expensive damage.

Charlie Pugsley, Deputy Assistant Commissioner for Fire Safety, said: "It is shocking that we have been campaigning for a number of years to make sprinklers mandatory in new schools and retrofitted during major refurbishments and yet this year, every school fire we have been called to has had no sprinklers fitted. Sprinklers are the only fire safety system that detects a fire, suppresses a fire and can raise the alarm. Sprinklers save lives and protect property. Millions of pounds are wasted every year repairing fire damage in London's schools when sprinklers could have prevented the spread of fire. This is not just about saving money; when a school is closed it disrupts a child's education, impacts on the local community and affects parents by closing breakfast and after school clubs."

Full school fire stats

	2014	2015	2016	2017	2018	2019 to 25/07/19	Grand Total
Infant/Primary school	33	42	32	38	35	18	198
Secondary school	30	27	22	32	27	14	152
College/University	26	22	20	28	16	11	123
Preschool/Nursery	17	15	13	20	13	14	92
Grand Total	106	106	87	118	91	57	565

School fires where sprinklers were fitted

	2014	2015	2016	2017	2018	2019 to 25/07/19	Grand Total
Infant/Primary school	1	0	0	0	0	0	1
Secondary school	4	1	1	2	1	0	9
College/University	1	1	0	1	0	0	3
Preschool/Nursery	0	0	0	0	0	0	0
Grand Total	6	2	1	3	1	0	13

Last week marked the ten year anniversary of a devastating fire at Thomas Fairchild School in Napier Grove, Hoxton. At the height of the incident, 15 fire engines and more than 100 firefighters attended the scene and crews remained at the school for more than 10 hours.

The school was closed for almost three years after the fire while it was rebuilt and the school's 300 pupils were schooled at two different locations.

Charlie Pugsley added: "The easiest time is to

fit sprinklers when schools are being built or refurbished. I find it staggering that such a simple safety measure is so easily omitted from the designs."

In all school fires attended by the Brigade since 2014, there have only been 13 cases where sprinklers have been fitted. View Excel spreadsheet **HERE** or PDF **HERE**



St Mary's University Update

St Mary's University Athletes hit a Dozen Podium Places in the Run up to Doha 2019

Athletes and Alumni from St Mary's University, Twickenham have enjoyed a strong summer with a dozen podium places, personal bests and a number of qualifying times being achieved, in a wide range of athletic events, as they aim to be selected for the 2019 World Athletics Championship in Doha, which start on September 27th.



Highlights include Anna Møller, who was announced as July's European Athletics Women's Athlete of the Month, winng the 3K Steeplechase and the 5,000m (A Danish record) at the European U23s championships, Steph Twell taking 1st place in the European Cup and British Championships 10k and achieving a personal best time of 31:08:13, Emile Cairess winning the European U23s 10K, Ben Bradley winning the 5K at the England Championships and Charlie Grice achieving a personal best time of 3:30.62 in the 1,500m in Monaco, which puts Charlie 4th on the British all-time list.

Izzy Fry and Joe Wigfield were also recently selected for Team GB in the

5000m & 3000m at the European U20s championships.

Elsewhere St Mary's athletes have enjoyed success in rugby union with Emma Uren and Ellie Kildunne being part of the Team GB Women's 7's squad that has qualified for next year's Olympic Games in Tokyo and Alumnus Tim Murtagh taking five England wickets for Ireland in the recent test match at Lord's.

Andrew Reid-Smith, Head of Sport at St Mary's said "St Mary's has a strong athletics and sports legacy, which has continued with the recent performances of a number of our athletes and we will be supporting them as they bid to be selected for the World Athletics Championships in Doha.

"In addition to the aforementioned success of our athletes over the last few weeks, Sir Mo Farah and Charlotte Purdue both performed well at this year's London Marathon and we believe that there is a good chance that we will be represented in Doha as we have been in recent Olympics, World Athletics Championships and the Commonwealth Games.

"The achievements of Ellie, Emma and Tim in Rugby Union and Cricket also underline the breadth of sporting talent that has emerged from St Mary's and our

commitment to a wideranging sports programme for our students." St Mary's University Twickenham London

FOOTBALL FOCUS

By Alan Winter

BRENTFORD FC



BRENTFORD 0 – BIRMINGHAM CITY 1

Well this wasn't the start anyone at Brentford wanted. With four new signings starting the game the atmosphere at an almost sold out Griffin Park was electric. We need to forget this result. The fact is that Brentford were all over the Blues who only had one shot on target all game and that was a goal! I saw enough to know that the keeper and back five look solid, Jensen in midfield ran the game, Watkins and Canos played well up front but it was just one of those days – honest!



Birmingham rode their luck for much of the first half but scored 18 minutes in and that was enough to give them the points. Brentford hit the woodwork three times in a first period they dominated but could not get the goal their play deserved, and Birmingham got the win. Brentford did not lack in effort but were unable to find the killer ball to earn at least a share of the spoils.

The Bees went on to the front foot from the first whistle. With Ollie Watkins dropping in to space in front of Birmingham's three central midfield players and Mathias Jensen linking play in the centre of midfield, Brentford looked to get forward and were creating chances in the opening moments. Wing backs Rico Henry and Henrik Dalsgaard spent most of the early stages in attacking areas. With Emiliano Marcondes and Sergi Canós happy to move inside and leave space on the flanks, the Birmingham defence and midfield were stretched. Canós pulled a shot wide from distance and then did the same again when Dalsgaard nodded a chipped pass from Jensen in to his path.

Watkins looked to have broken through when he found space in the penalty area and cleverly rolled Roberts, the shot flew past Camp but hit the crossbar and bounced away. There was a better chance second later when Canós found space and cut a pass back to Marcondes, the shot was again true and beat Camp but hit the crossbar again. Birmingham were lucky to escape as Marcondes had most of the goal to aim at and plenty of time to pick his spot. With Brentford pressing, Griffin Park was rocking and Birmingham had barely been into the Brentford half in the first ten minutes. Brentford laid siege to the Birmingham goal without scoring and were then hit with a sucker punch at the other end.

When Josh Dasilva was penalised for a trip in midfield it was seen as a chance for Birmingham to regroup. Instead, the ball was played short and Steve Seddon delivered a ball that was met by Pedersen 19 yards out. The header looped powerfully and perfectly over Raya and in to the net to give the visitors the lead, very much against the run of play.

The goal took the sting out of The Bees a bit. Dalsgaard fed another chipped pass in to Marcondes with only Camp to beat but this time the goalkeeper repelled The Bees rather than the woodwork, although the frame of the goal was in play seconds later. A short corner was worked via Canós and Jensen back to taker Watkins and he weaved in to the penalty area before letting fly with a shot that beat Camp and hit the near post. Once again, the visitors

were fortunate as Brentford were inches from levelling.

The Bees went in at the break behind, despite taking almost complete control of the game. An early run from Dalsgaard and a clever pass that ended with Marcondes pulling a shot wide from 20 yards, seemed to suggest the second half would go the same way. But Birmingham had other ideas. They sat in a little deeper, were more compact and made themselves hard to break down. The Bees were beginning to lack a little in tempo and initiative and the game drifted towards the end. And that summed up the later stages of the game. Birmingham did exactly what they had to do to keep Brentford out.

Brentford: Raya; Jeanvier (sub Žambůrek 81 mins), Jansson, Pinnock; Dalsgaard, Jensen, Dasilva, Henry; Canós, Watkins, Marcondes (sub Forss 64 mins)

Attendance: 11,332

MEET THIS WEEKS NEW BEES SIGNINGS

Head Coach Thomas Frank finally knows the make up of his squad as the transfer window closed on Thursday evening with 3 more young players joining the first team squad this week as Neal Maupay signed for Brighton for a fee of £20 million.

Bryan Mbeumo Bees moved quickly to secure the services of 19 year old attacker Bryan Mbeumo who joined us from French club Troyes AC on Monday. Bryan made his Ligue 1 debut in February 2018.

Bryan quickly announced himself on the French football stage, helping Troyes to their first Coupe Gambardella title in 62 years with a double in the final at the Stade de France. The previous player to net twice in the Gambardella final had been Kylian Mbappe, with Mbeumo dubbed the 'Ligue 2 Mbappe' as he took the division by storm last term. He netted in four straight games in the autumn as Troyes recovered from a slow start to mount a promotion push. Heading into late February ESTAC were 8th but a 14 game unbeaten run, during which time Bryan scored five times catapulted them into the Play-Off position. Ultimately the season would end with disappointment as Troyes were beaten 2-1 by Lens in the Play-Off semi-final. No teenager ended last season with more goals and assists than Bryan in France's top two divisions. Bryan marked his first game of this season with a stunning 20-yard strike as Troyes got their new campaign off to a winning start. Last Friday in His 45th and final appearance in an ESTAC shirt against Clermont.

Dru Yearwood Young midfielder Dru Yearwood became Brentford's eighth summer signing when he arrived on a long-term deal from Southend United on Monday. During his maiden season, Yearwood made 29 appearances for The Shrimpers, contributing five assists, performances which earned him the Southend Young Player of the Year award and a nomination for the LFE Apprentice of the Year award.

His form attracted the attention of England scouts with Yearwood included in the England Under-18 squad for that summer's Panda Cup in China. He was the only outfield player below the Sky Bet Championship named but had to pull out due to injury.

That injury delayed the start of his season until late September, but he still managed to make 33 appearances as United guaranteed League One survival on the final day.

Despite not turning 20 until next February, Dru already has more than 50 league appearances to his name, and captained United in the Checkatrade Trophy win over Southampton Under-23s

Dominic Thompson Brentford have completed the signing of teenage defender Dominic

Thompson from Arsenal. The left-sided player, who turned 19 during pre-season, joined The Bees late on Wednesday night. He signed a three-year contract after passing a medical and there is an option for an additional year.

Dominic is a North London lad who joined Arsenal at the age of 12. Previously a central midfield player, the 19-year-old has been playing at left back in Arsenal's Academy set-up and was part of the team which reached the FA Youth Cup Final in 2018. He signed his first professional contract last summer and played for The Gunners in Premier League Two last season. Dominic played 13 games as Arsenal finished second in Premier League Two Division One last season.

Thomas Frank, Brentford FC Head Coach, said: "Dominic is a very talented young player and over the past two years the speed of his development has increased. He is a technically very good left back or left wing back. He can pass the ball well and deliver good crosses and he also has a very good mentality and wants to defend.

"Dominic is a player that can continue to develop, and all the coaching staff here are looking forward to helping him get to the next level while also competing with Rico Henry for our left wing back position."

MIDDLESBROUGH AWAY TODAY

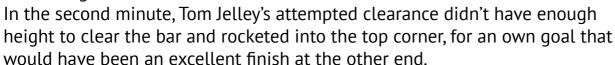
Second league game today (Saturday 10th August) for the Bees as they travel north to take on Middlesbrough. Next Tuesday evening Brentford return to Griffin Park for a Carabao Cup 1st round match against Cambridge United. Next Saturday afternoon (17th) sees Hull City at Griffin Park in the 3rd Championship match of the season. Still tickets available for the two home games.

Come on you Bees!

HAMPTON & RICHMOND BOROUGH

CHELMSFORD CITY 4 HAMPTON & RICHMOND 1

Not the start to a new season that the Beavers wanted as they were comprehensively beaten by one of the better sides in the National League South. Hampton went behind in the second minute as the new young players had a tough introduction to the division.





Not long after, Chelmsford's Tom Wraight managed to force his way into the box and buried his shot under Laurie Walker to double the lead. On 55 minutes, the Beavers conceded a penalty, and Higgins' attempt was saved easily by Walker, and it looked like the luck was returning but immediately from the resulting corner, Wraight's looping header beat Walker to make it three. Hampton's Tyrone Lewthwaite got a goal back 10 minutes later but the Beavers never really looked like getting any more goals and substitute Andy Fennell's goal for Chemsford's 4th was the cherry on the cake for the home side.

HAMPTON & RICHMOND 3 HAVANT AND W'LOOVILLE 4

First league game at the Beveree on Tuesday night saw Hampton defeated. A night to forget for

Hampton as Havant overcome a 3-1 deficit with just over 25 minutes left to win 4-3. Tyrone Lewthwaite added to his goal tally from the last game whilst Danilo Orsi-Dadomo opened his tally for the season with a nice brace but it wasn't enough as an Ayunga double along with goals from captain Fogden and Deacon saw Havant run away with the 3 points in an eventful night down at the Beveree Stadium. With Hampton leading 3-1 the game became an end to end affair with Havant trying to get back into the game and Hampton trying to end It. Opportunities from both teams were either saved or cleared by the defenders as Orsi-Dadomo came very close to ending the game and grabbing the match ball but his effort was inches wide of the goal.

Havant should've been down and out, but they were gaining momentum as Fogden opened up some space for himself before he hammered it home to make it 3-2 with 25 minutes to go. That goal gave a boost to the Havant players and fans as they continued to pile on the pressure and find the equaliser whilst Hampton retreated. Eventually the pressure paid off as Tarbuck played a ball into the area with Ayunga rising like a salmon to make it 3-3 and level the scores. Ayugna then slotted the ball past Walker into the back of the net and to make it 4-3 to Havant. It was a misery compiler for Hampton as Havant attacked once more with Fogden miraculously keeping the ball on in the corner. His pass from the byline as he found Ayugna who slotted it past Walker into the back of the net and to make it 4-3 to Havant. This sounds a lot like Barcelona from this seasons Champions league.

Havant did not stop there, and they were hungry for a fifth. Another ball across goal was expertly intercepted by Walker to avoid another certain goal, despite conceding 4, Walker put in a good shift. Towards the dying ends of the game, Hampton were sending everyone up in a bid to grab an equaliser but lacked the final ball.

And so that leaves Hampton anchored at the bottom of the table after two games. There are positive signs however and once they settle after the first few games I believe the Beavers will soon start their climb up the table.

THREE NEW SIGNINGS FOR THE BEAVERS

Ed Cook Hampton have signed young defender Ed Cook. 19 year old Ed was released by Burnley during the summer and then moved back to London. The signing of Ed Cook now gives Head Coach Gary McCann some welcome depth in the centre of defence.

Tyrone Lewthwaite Hampton & Richmond Borough were delighted to announce that striker Tyrone Lewthwaite signed for the club before his goal scoring debut at Chelmsford City last Saturday. A Northern Ireland under 19 international, who qualified through his mother's family, the 18 year old was with Rotherham United until June this year, after starting life with Watford Youth, leaving the Vicarage Road set up in 2017. Tyrone has impressed during the preseason and will surely be the contrasting foil to the likes of James Ewington and Danilo Orsi-Dadomo.

Charlie Fox Ahead of the season opener last weekend, the Beavers signed defender Charlie Fox. Charlie joined the club in time to be part of the squad to travel to Chelmsford. The 20 year old has spent nearly all of his career to date with QPR, having come through their youth system, signing his first professional contract in May 2018. During this time, Charlie went out on loan to Wycombe Wanderers and Basingstoke Town before leaving QPR last May.

Today (Saturday 10th August) Hampton are at home to Hemel Hempstead Town in a league game. Why not get down to Station Road, Hampton to give them a bit of support. Kick Off is at 3.00 and don't forget to buy a burger!

Quilter Internationals: England squad for Wales week

England men's head coach Eddie Jones has called up 33 players to assemble today at Pennyhill Park ahead of England's first Quilter International against Wales on Sunday 11 August at Twickenham Stadium KO 2pm, live on Sky Sports.

With no new players added to the squad following England's 12-day training camp in Treviso, Italy, Mike Brown (Harlequins), Alex Dombrandt (Harlequins), Ben Spencer (Saracens) and Ben Te'o (unattached) are not included in this week's squad.

In addition, Jack Nowell (Exeter Chiefs) will continue his rehabilitation in camp.

Jones said: "We have worked hard and now move into a four-game preparation phase where the development of the team tactically is paramount. We are grateful for the strong opposition to test our game fitness. By the time we fly out on the 8th of September we will be ready to win the Rugby World Cup. We are not there yet but we have four games to get ready. Players excluded from being involved in this camp are naturally disappointed but may get another opportunity so they must be ready."

England will play Wales (11 August) and Ireland (24 August) at Twickenham Stadium and Italy (6 September) in Newcastle as part of the Quilter Internationals as well as an away fixture against Wales (17 August) in Cardiff.

England will begin their Rugby World Cup campaign in Japan against Tonga in Sapporo (22 September, KO 11:15am UK time) before playing USA Rugby in Kobe (26 September, KO 11:45am UK time), Argentina in Tokyo (5 October, KO 09:00am UK time) and France in Yokohama (12 October, KO 09:15am UK time).

England squad

Forwards

Dan Cole (Leicester Tigers, 85 caps)

Luke Cowan-Dickie (Exeter Chiefs, 11 caps)

Tom Curry (Sale Sharks, 10 caps)

Charlie Ewels (Bath Rugby, 10 caps)

Ellis Genge (Leicester Tigers, 9 caps)

Jamie George (Saracens, 37 caps)

Maro Itoje (Saracens, 27 caps)

George Kruis (Saracens, 32 caps)

Joe Launchbury (Wasps, 58 caps)

Courtney Lawes (Northampton Saints, 71 caps)

Lewis Ludlam (Northampton Saints, uncapped)

Joe Marler (Harlequins, 59 caps)

Kyle Sinckler (Harlequins, 22 caps)

Jack Singleton (Saracens, uncapped)

Sam Underhill (Bath Rugby, 9 caps)

Billy Vunipola (Saracens, 41 caps)

Mako Vunipola (Saracens, 53 caps)

Harry Williams (Exeter Chiefs, 17 caps)

Mark Wilson (Newcastle Falcons / Sale Sharks, 13 caps)

Backs

Joe Cokanasiga (Bath Rugby, 4 caps)

Elliot Daly (Saracens, 30 caps)

Owen Farrell (Saracens, 70 caps)

George Ford (Leicester Tigers, 55 caps)

Piers Francis (Northampton Saints, 4 caps)

Willi Heinz (Gloucester Rugby, uncapped)

Jonathan Joseph (Bath Rugby, 40 caps)

Joe Marchant (Harlequins, uncapped)

Jonny May (Leicester Tigers, 45 caps)

Ruaridh McConnochie (Bath Rugby, uncapped)

Henry Slade (Exeter Chiefs, 22 caps)

Manu Tuilagi (Leicester Tigers, 32 caps)

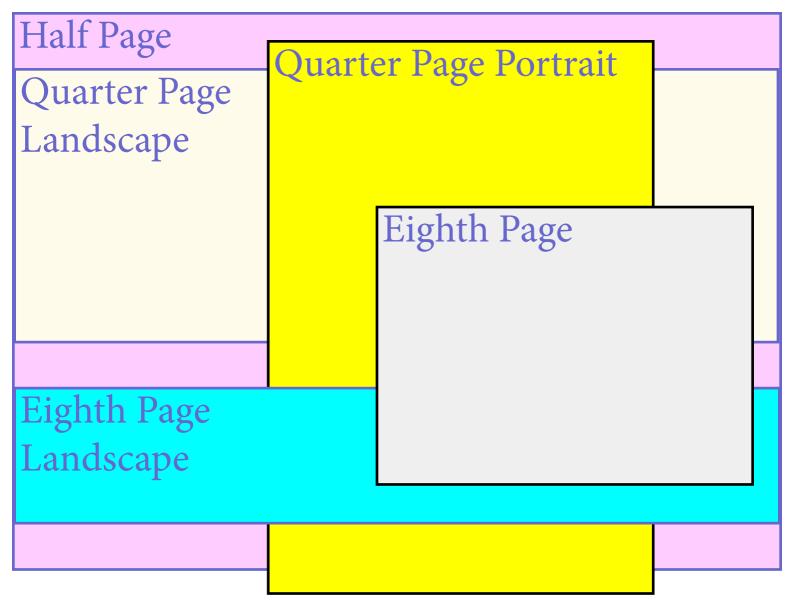
Anthony Watson (Bath Rugby, 33 caps)

Ben Youngs (Leicester Tigers, 85 caps)

For rehabilitation

Jack Nowell (Exeter Chiefs, 33 caps)





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