

Twickenham & Richmond TRIBUNE

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11th June 2021



TickerTape - News in Brief

Richmond Voluntary Fund smashes £100k for local youth mental health charities

The Richmond upon Thames Voluntary Fund, which raises money for four local youth mental health charities, has so far raised over £100k and it is not too late to donate!

The 2021 beneficiaries are Twickenham based charity Off The Record, Richmond Borough Mind, Dose of Nature and Marble Hill Playcentres.

Since the launch of this year's appeal, thanks to the generosity of local people, over £100k has so far been raised (including Gift Aid), with donations still coming in.

Find more info and details of the chosen charities [HERE](#)

Have your say: Hospital Bridge Road/Turing House School road safety

Residents and businesses local to Hospital Bridge Road in the Whitton/Heathfield area are invited to join local Councillors and Richmond Council officers and have their say about traffic and road safety in the area. The meeting will provide an update on the works to be carried out as part of the planning agreement for Turing House School (the S278 works) and discuss plans for improving the junction of Hospital Bridge Road and Nelson Road, with an aim of improving provision for pedestrians. The meeting will also discuss the findings of the corridor study that has been carried out for Hospital Bridge Road with an aim of finding ways to improve pedestrian provision, improve safety and reduce vehicle speeds.

Tue, 29 June 2021, 18:00 – 19:30 BST. Register now [HERE](#)

Orleans House Gallery seeking new facilitators

We are inviting applications from experienced and engaging artists for three new activity strands as part of our Children and Families and Schools programmes. Applications can apply for more than one opportunity if you feel your skills and experience fit. The roles are all paid, freelance roles and the team are keen to work with artists from a variety of backgrounds with different skills, stories, and experiences. Visit the Orleans House Gallery [website](#) to find out more and apply.

[Visit the News page for more stories](#)



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TwickerSeal hears that the much vaunted, but ignored, Twickenham Riverside Stakeholder Reference Group is finally going to meet again next Wednesday.

What exciting new developments and improvements is the council going to announce?

Have they had a rethink about creating a lorry highway along the riverside, and are they finally going to provide the vehicle-free riverside they promised? Have they solved the delivery and servicing concerns of Eel Pie Island? Have they solved the King Street/Water Lane/Wharf Lane traffic flow mess? Have they given us a town square and are we actually going to have boathouses? And will the Diamond Jubilee Gardens be a real public garden?

There is so much as yet unresolved TwickerSeal can't imagine how hard the council and its architects have been working to fix these numerous loose ends!

Watch this space ...





No one is safe until all are safe.

A global crisis requires global action. We are all in this together and it is imperative that we understand this and act accordingly.



Public Health England:

“... data indicates that over 90% of new COVID-19 cases in the UK are now the Delta variant, which continues to show a significantly higher rate of growth compared to the Alpha variant.”

“New research from Public Health England suggests that the Delta variant is associated with an approximately 60% increased risk of household transmission compared to the Alpha variant.”

“If you are eligible, we urge you to come forward and be vaccinated. Remember that two doses provide significantly more protection than a single dose.

However, while vaccination reduces the risk of severe disease, it does not eliminate it. With data showing that Delta is significantly more transmissible than Alpha, it is just as important as ever to follow public health advice, which has not changed.

Get vaccinated, work from home where you can and remember ‘hands, face, space, fresh air’ at all times. These measures work, and they save lives.”

Total cases to 11 June 2021

11,153 Richmond upon Thames

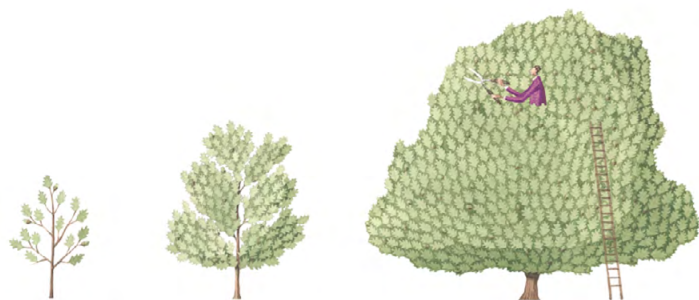
12,747 Kingston upon Thames

25,722 Hounslow

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

Deaths Worldwide 3,758,560

USA	592,932	Indonesia	52,182
Brazil	476,792	Ukraine	51,507
India	359,676	Turkey	48,428
Mexico	229,100	Romania	31,383
Peru	187,157	Czechia	30,211
The United Kingdom	127,860	Chile	30,141
Italy	126,767	Hungary	29,805
Russian Federation	125,278	Canada	25,791
France	109,336	Belgium	25,061
Colombia	92,923	Philippines	22,190
Germany	89,585	Pakistan	21,453
Argentina	82,667	Ecuador	20,903
Iran	81,519	Bulgaria	17,872
Spain	80,332	Netherlands	17,700
Poland	74,447	Portugal	17,037
South Africa	57,310	Iraq	16,614



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darryl parkin

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The Tree Agency

Ascent and descent

By Simon Fowler

The first motor sport event to be held on British roads was a trial to climb and descend Petersham Hill in June 1899.

The hill has one of the steepest inclines in the London area at one in nine. Even today vehicles can struggle on the ascent. But it was a real challenge for the primitive under-powered cars of 120 years ago.

In addition, there was a trial for electric vehicles.

The trials were a precursor to the inaugural Richmond Motor Show in the Old Deer Park, which attracted drivers of steam, electric and petrol-powered vehicles from far and wide. Although the internal combustion engine eventually won out, at the time of the Show it was by no means certain that this would be the case.

The hill trials took place on Friday 7 June. Entrants started at the Dysart Arms and drove up the 325-yard timed section to the top of the hill to the Star and Garter Hotel (the site of the Star and Garter



The Automobile Club held its first show in the Old Deer Park, Richmond, during June 1899. A Lanchester car is seen on Petersham Hill during the hill-climbing test.

Home), where they returned back to the starting point, taking part in a brake test on the way down. And, finally, the vehicles had to go up the hill again. The fastest time of the day was on a Barrière Tricycle, timed at 14 mph, followed by a Leitner 'dogcart'. The gold medal for the best overall performance was awarded to the driver of an 8hp Lanchester. The most eminent motorist of the time the Hon C S Rolls climbed the hill at 8.75 mph in a 8hp Panhard. Rolls is remembered today for his partnership with Henry Royce.

The following day there were trials for electric cars, who were not allowed to go faster than 12 mph. The challenging 30-mile route was to Leatherhead via Kingston on the way out, returning via Malden.

It was a bit of a damp squib, as only two cars entered. The *Richmond and Twickenham Times* reported that they were 'a handsome hooded phaeton' seating two people and 'a four-wheeled buggy belonging to the Electrical Undertakings Company'. The trial took just over three hours, with the winner being the buggy. 'Twice they got off the road – once in a field – and they had made another stop to oil the motors which became heated.'

The phaeton unfortunately ran out of power on the way home. A reporter cycled out to meet it and found it at Petersham: 'crawling along with very little motive power left'. The machine was stabled at the Dysart Arms, and on the following day 'it was taken away on a trolley.'

Eat your heart out Egon Musk!

The Nine pin bowling alley quarter

By Kate Slack

The nine pin bowling alley quarter is named after the bowling alley which was a feature in Henrietta Howard's gardens. The archaeology which was undertaken in July found the base of the original nine pin alley from the 18th century which has been reinstated and will allow visitors to experience playing the game themselves when the gardens open.

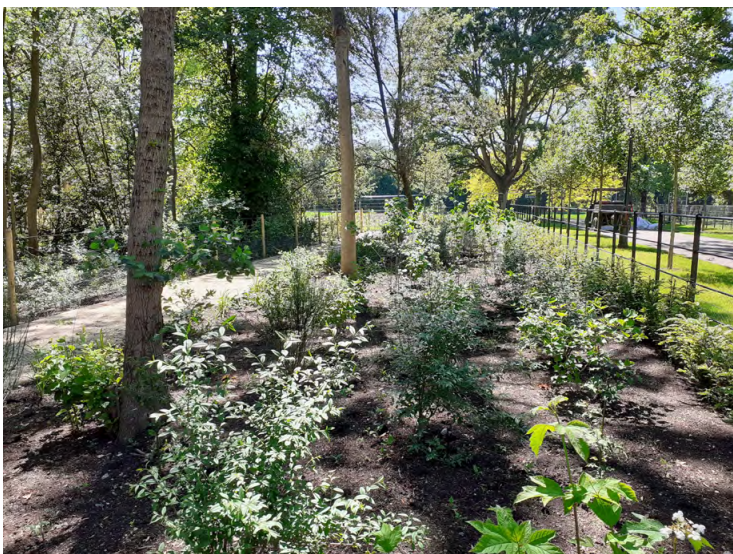


Grass verges edging this quarter, planted up with Elm trees



Nine pine bowling alley in dappled shade

Some of the other areas in this quarter have been left for our wildlife, in order to provide an undisturbed habitat until the newly planted areas have grown into a dense thicket which will provide much needed cover and shelter for wildlife. The edges of this quarter have been opened up and planted with a mixture of native shrubs as well as ornamental shrubs which will provide a pleasant stroll down the path which will take you to the Nine pin bowling alley.



Plantings of native and ornamental shrubs



Plantings of native and ornamental shrubs

Twickenham Riverside from York House Gardens

A Tribune reader has sent in the following photographs of the view to Twickenham Riverside, showing a before and after of the council's proposed development for the riverside



'Help Nature Thrive' in the Royal Parks by not feeding wildlife

The Royal Parks charity is launching a campaign urging visitors to 'Help Nature Thrive' in some of the capital's largest and busiest green spaces.

The campaign kicks off with a plea to #KeepWildlifeWild by appreciating and observing wildlife in its natural habitat, rather than seeking an up close and personal experience. This will include asking visitors not to feed wildlife in the parks, by drawing attention to the harmful effect it can have on animals and their habitats.

The Royal Parks are some of the most popular and iconic parks in the country. Hyde Park, for example, attracts almost 13 million visits a year. Its popularity results in high volumes of wildlife feeding, which is upsetting the park's delicate ecosystem.

The charity has released a [video](#) showing the scale of the feeding that takes place at the Serpentine Lake in Hyde Park. The video, filmed in May 2021, shows birds being fed 15 times in a two-hour period by a small stretch of the lake.

Tom Jarvis, Director of Parks at The Royal Parks says: "We understand that visitors want to get close to nature, particularly in a busy city like London, and the desire to feed wildlife comes from a good place, but leaving wildlife alone is often the kindest thing to do. There is an abundance of natural food in the parks for all wildlife to feed on, including insects and wildflower seeds."

Excessive feeding in the parks encourages large groups of birds such as gulls and crows. They bully other birds, stealing their eggs and killing their chicks. Leftover food can attract rats, and water quality can be impacted through uneaten soggy bread and waterfowl faeces. Feeding from the public also attracts large numbers of waterfowl, which leads to overcrowding and stress, and helps wildlife diseases spread.

As part of the campaign, visitors to Richmond and Bushy Parks, will also be reminded to keep a minimum of 50m from the herds of free-roaming wild deer, and to protect their natural way of life by not feeding or touching these wild and unpredictable animals.

Jarvis adds: "We hope this campaign will educate visitors on why feeding wildlife can be harmful. It will also offer people an alternative nature activity when they visit the parks, whether that's [bird spotting](#) or embarking on some of the [wildlife self-led trails](#) we have created, providing opportunities to enjoy wildlife in a natural setting.

The Royal Parks proactively manages the parks to help nature thrive, as set out in its 10-year [Biodiversity Framework](#). This includes creating and managing wildflower meadows and reedbeds, planting new trees, and creating and restoring ponds for invertebrates and amphibians.

"These measures help nature thrive," explains Jarvis, "and this in turn boosts the natural food available for wildlife to eat. This food gives them a balanced diet and helps them lead a wild, natural and ultimately better life.

As well as asking visitors to #KeepWildlifeWild, the campaign will encourage people to learn more about nature through online resources, blogs, competitions, and fun facts.

"If we want people to care about nature, they need to learn about it, understand it and enjoy it." Says Jarvis. "For many, that connection has always been through feeding animals, but we want to help visitors discover other ways to observe wildlife.

Pete Lawrence, Biodiversity Manager, concludes: "Biodiversity loss is one of the defining challenges of our generation. We must all be part of the solution to reverse this decline and help nature thrive as time is running out. Keeping wildlife wild is just one way in which people can help and enjoy nature.

For more information on the campaign visit www.royalparks.org.uk/helpnaturethrive



TfL's e-scooter rental trial begins!

Transport for London (TfL) is beginning its rental e-scooter 12-month trial today (Monday 7 June), with Richmond upon Thames as one of the trial boroughs.

The trial will test the viability and safety of e-scooters as part of the long-term solution to the serious air quality and congestion issues across London.

Operators Dott, Lime and TIER have been appointed to take part in the trial following the selection process, thanks to their ability to meet strict safety requirements and high operating standards.

The trial vehicles will be the only legal e-scooters on Richmond's roads. Due to their different specifications and lower safety features, it remains illegal for privately-owned e-scooters to be used on the borough's roads, pavements, parks and town centres.



E-scooters continue to be classed as motor vehicles. Users must be 18 or over and have a full or provisional driving licence to rent an e-scooter. The police will enforce against illegal use of e-scooters and the operating companies will take remedial action against users who do not comply with the law or the rules of the trial. The operating companies can issue warnings, training or ban an individual from using e-scooters.

Safety is at the core of the trial throughout, and data shared by the operators will play a vital role in helping to shape London and the UK's future policy on e-scooters, including whether they could form part of London's sustainable recovery from the coronavirus pandemic. The safety standards include:

- A maximum speed of 12.5mph
- User education and awareness
- Lights at the front and the rear of the vehicles that are always on throughout any rental
- Audible warning systems that can be used without adjusting the rider's grip of the handlebar
- Geofence technology to support parking and riding only in authorised locations

The rental e-scooters will only be allowed to be used on roads and in cycleways - not on footways. Users can take or deposit e-scooters at specific designated parking bays (all of which are on road). Geofencing technology will ensure that the hire of the rental e-scooter will only end once it has been left in one of these on-street geofenced parking bays.

View [parking locations in the borough](#) – more detail is available on the operators' apps.

Dott, Lime and TIER e-scooter are available to hire from today (7 June) and users will need to download the operators' apps. Rental pricing depends on the operator.

Richmond Council and TfL will closely monitor the effects of the trial, which has the potential to add to the transport options within the Borough, subject to understanding its impact on other road users and safety. Richmond Council reserves the right to withdraw from the trial and cease operations for any reason if the trial proves unsustainable.

View [more information on the trial](#). Information can also be found on [TfL's website](#).



Dear Editor

Twickenham riverside parking proposal

It would appear from the documents posted on the link below that the councillors attending the LBRUT Traffic and Air Quality Committee meeting next week are expected to vote on rather limited information. In particular the SYSPA survey that took place in March during Covid Lockdown.

The papers seem to show that unlike in March 2019 and 2020 when a variety of times during the day, early evenings and weekends were surveyed albeit only with the Riverside, this time the only data is for overnight (01.00am - 05.30am) mid week. Why is this? A full CPZ zone D survey in the summer would make more sense before committing to a trial and would be more costs effective in the long run rather than the suck it and see approach being adopted. It could a serious impact on town business.

I also wonder if the car parking requirements budget is being kept within normal spend rather than any overspend reflecting an additional cost to the £42m expensed and proposed.

Residents and visitors who feel they may be affected by parking issues should familiarise themselves with the council website which can be found at:

[Agenda for Transport and Air Quality Committee on Tuesday, 15 June 2021, 7:00 pm - London Borough of Richmond upon Thames](#)

Yours sincerely,

Andrew Sparkes
Whitton

Letters published do not necessarily reflect the views of the Twickenham & Richmond Tribune, its Publisher, its staff or its advertisers

Letters of approximately 500 words of body text will be printed at our standard 14pt font size, which will publish as a single page.

All letters must be submitted by the end of Thursday, prior to publication the following day on Friday.



*From: Surgeon Rear Admiral Lionel Jarvis CBE KStJ DL FRCR
Prior of the Priory of England and the Islands and Chair of St John Ambulance*

11 June 2021

Dear Editor,

As St John Ambulance approaches delivery of an extraordinary one million volunteer hours given in support of the COVID-19 response and the vaccination programme, our charity's volunteers continue to demonstrate their value to local communities throughout the country.

I would like to pass on my sincere personal thanks through your paper to all of our volunteers and staff, particularly as we approach St John's Day on 24 June, a focal point for the St John family year, when this year we celebrate the work of our charity over the past year of the pandemic, and plan our support to communities who need our help in the future.

I am delighted that many buildings and local landmarks around the country will be lit up in green on that evening to celebrate the tireless work of St John volunteers and staff. Everyone at St John is immensely grateful to the owners and custodians of those buildings for helping us to make the day a special one.

Meanwhile, we remind everyone of St John Ambulance's work through our nationwide Ask Me campaign (www.sja.org.uk/AskMe) which launches on 14 June. I am sure that our powerful combination of billboard posters and advertisements will keep our volunteers in the forefront of everyone's minds and encourage your readers to get involved with St John, or to find out more about our charity's work in their local area.

Yours faithfully,

Surgeon Rear Admiral Lionel Jarvis CBE KStJ DL
Prior of England and the Islands of The Order of St John & Chair of St John Ambulance

Strawberry Hill

Radnor Gardens café

The café in Radnor Gardens is undergoing extensive refurbishment and will be opening as **Antipodea** – the opening date is yet to be confirmed, but is expected to be about the first week of July.

Marble Hill

Learn to paint

Want to learn to paint outside in a small group with a leading local artist? THIS SATURDAY Marble Hill House are running an art workshop with artist Jill Storey. Explore colour, nature and beauty in Marble Hill from 10am-4pm. Tickets available to buy [HERE](#)

The Marble Hill Community Newsletter is out! View it [HERE](#)

Teddington

Landmark Arts Centre Concert

Surrey Brass present Brass for Tea! Landmark Arts Centre, Sunday 13 June 2021, 2pm (Doors & café open: 1.15pm). This special fundraising concert in aid of the Landmark Arts Centre will feature a programme of both classical and popular music for brass, including works by Mendelssohn, Dvorak, Victor Ewald, John Barry and Hoagy Carmichael. Cream tea (scone, jam, cream & tea or coffee) will be served before the concert. More info and to book [HERE](#)

East Sheen

Join FiSH's East Sheen Open Garden event

The ever-popular Open Gardens event will be returning to East Sheen on Sunday 4 July 2021, from 1 to 6pm. As part of the [East Sheen Open Garden festival](#) there will be an attractive collection of East Sheen gardens open for view, including park-side locations in Christchurch Road, East Sheen Avenue, Fife Road, Palewell Park and Richmond Park Road plus many gardens at Model Cottages, as well as the Palewell Park Allotments.

Teas and refreshments will be served at All Saints Church and there will be a Pimm's tent at End House in Fife Road. Garden enthusiasts taking refreshments at All Saints Church will also be able to tap into garden advice from Auntie Planty, aka Valerie Munro, the renowned horticulturist who will be on hand to dispense useful tips.

241 entry to Strawberry Hill House & Garden this weekend, thanks The National Lottery

To say thank you for the £30million raised for good causes every week by players and to welcome people back to their happy places, The National Lottery is unlocking free entry and special offers at a range of participating venues – including Strawberry Hill House & Garden - as part of The National Lottery Open Week (until 13 June).

Until Sunday 13 June, The National Lottery Open Week line-up includes free entry as well as exclusive discounts from attractions and experiences across the UK - offers are open to anyone with a valid National Lottery ticket or scratchcard and there's something for everyone to enjoy.

Strawberry Hill House & Garden is offering National Lottery players 241 entry until 13 June. To book tickets please select 'National Lottery 241' on the booking page of www.strawberryhillhouse.org.uk



Funding from The National Lottery has enabled Strawberry Hill to maintain its award-winning community garden, and one of the stars of the promotional campaign for The National Lottery Open Week is Community Garden Volunteer Tom - in his Happy Place in the Strawberry Hill Garden - captured by photographer Tom Oldham (pictured above).

Derek Purnell, Director, Strawberry Hill House & Garden, said: “We’re delighted to be taking part in The National Lottery Open Week this year. We’ve been fortunate to receive National Lottery funding, which has enabled us to develop our Community Garden. So, this is our way of saying thank you to everyone who has bought a National Lottery ticket, helped us on our journey and made a vital contribution to supporting good causes. We’re excited to welcome you back to Strawberry Hill House & Garden very soon”

Ros Kerlake, Chief Executive of The National Lottery Heritage Fund and Chair of the National Lottery Forum, said: “The National Lottery Open Week is a really exciting moment in the year for us, where an amazing variety of venues and projects across the UK give thanks to National Lottery players for the £30 million, they raise each week for Good Causes. Now, more than ever, people are excited to rediscover their happy place, or find a new one close to home, and we’re proud that so many incredible spaces across the sport, arts, heritage and community sectors have signed up to offer their thanks.”

For more information visit www.strawberryhillhouse.org.uk



Stay safe if watching Euro 2020 matches in pubs

Football fans in Richmond are reminded to stay safe and stick to the COVID-19 guidelines if they are going out and watching the Euros.

The Euro 2020 tournament, rescheduled after being cancelled last year, gets underway on 11 June and runs for a month. The first England game will kick off on Sunday 13 June at 2pm and will be against Croatia.

The number of positive coronavirus cases in the borough has started to rise, and the new Delta variant is now being seen locally. Therefore, Richmond Council is advising people to remember the rules if going out to watch the games, and consider taking a lateral flow test before visiting the pub. The Council's licencing team is writing to all the licenced premise in the borough to reiterate the need for them to support their staff and customers in complying with the current safety measures.



Current COVID-19 restrictions mean that outdoor gatherings are limited to 30 people and indoor gatherings are limited to six people or two households.

See more information on the [current guidance](#).

Access a [lateral flow test](#) to carry out at home.

SURGE TESTING DEPLOYED IN KINGSTON

NHS Test and Trace – in partnership with the local authorities – is launching additional testing and genomic sequencing in Kingston.

This surge testing is being deployed from Wednesday 9th June following the identification of a small number of confirmed cases of the Delta (B1.617.2) variant. All the confirmed cases have been instructed to self-isolate and their contacts have been identified.

Everyone aged 11 and over who lives or works in these areas is strongly encouraged to take a COVID-19 PCR test, whether they are showing symptoms or not.

Enhanced contact tracing will be used for individuals testing positive with a variant of concern (VOC). This is where contact tracers look back over an extended period to determine the route of transmission.

By using PCR testing, positive results are sent for genomic sequencing at specialist laboratories, helping us to identify COVID-19 cases with a VOC and then prevent their spread.

If you have symptoms you should book a free test online or by phone. You can then go to a testing site or have a kit sent to your home. If you have no symptoms, you should visit your local authority's website for more information: <https://www.kingston.gov.uk/>

People in this area should continue to make use of free twice-weekly rapid tests, commonly known as lateral flow devices, alongside the PCR test as part of surge testing.

Please don't feed the wildlife

Help us protect their natural way
of life and **#KeepWildlifeWild**



Did you know?



It's illegal to feed the deer.
There is an abundance of natural food available.

50m

Deer are wild and unpredictable – always stay at
least 50m away.



As a result of feeding, some deer now think of
plastic bags as food. Plastic blocks their digestive
system, which can condemn them to a lingering
death from starvation.

What can you do instead?



Rather than feeding wild deer, why not observe them
from a safe distance using binoculars?

Or you could become a bird-spotting detective by
downloading our bird spotting sheet, brimming with
fascinating facts. Scan the QR code to get started.



THE
ROYAL
PARKS

Richmond Lending Library's temporary closure due to old bomb damage

Richmond Lending Library – London's oldest public library still in use - will temporarily close from Friday 11 June 2021 at 6pm until mid-September 2021 to complete major repair works to protect the Grade II listed building, which was originally damaged by an incendiary bomb during World War II.

Whilst works are underway, a pop-up library will open in the [Richmond Library Annexe](#) operating seven days a week and for the same hours as Richmond Lending Library. From Monday 14 June 2021, users will be able to reserve books via the Click & Collect services and will also be able to browse selections of stock that will be moved from the Lending Library to the Annexe. The Annexe will also have a children's book area. Public computers will be available at the nearby [Information and Reference Library](#).



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

“The Richmond Lending Library first opened in 1881 and is the earliest public library in London still in use as a library.

“During the Second World War in 1940, the library was damaged by an incendiary bomb which set fire to the wooden parts of the roof. The fire was extinguished and the solution at the time was to board over the damage and carry on. The damage has gradually worsened, and we now need to fix it to protect the building that holds so much history.

“We hope the replacement measures are convenient for library users and look forward to reopening the doors of Richmond Lending Library in mid-September.”

For more information visit our Libraries section.

For the latest updates, visit:

- [The Library Blog](#)
- [Facebook - Richmond upon Thames Libraries](#)
- [Twitter - Richmond upon Thames Libraries](#)

A week in Church Street

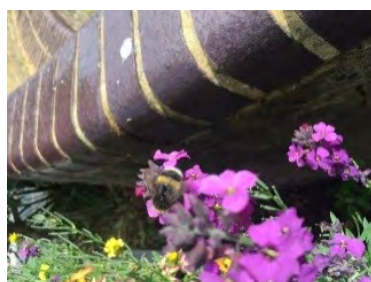
By Shona Lyons



This week's weather was really nice and Church Street was an oasis of hospitality with people coming from far and wide, from early in the morning until late at night. It is really interesting as a trader to see people beating a path to the street, with a steady stream of people arriving all day from the morning when we come to open our shop and then when we go home we see others arriving en masse for evening meals and drinks at the many restaurants and pubs. Pedestrianisation has been good for the street and even in the council's newspaper entitled "Twickenham Riverside Comments" that was delivered door to door this week, the main feature was Church Street and they wrote quite rightly that "Already the scheme (space to shop / pedestrianisation) is attracting new visitors and businesses to the area...It's been a tough year economically, and there are longer term changes in the way people shop that adds to the challenges for local traders. But Church Street proves that our town centres can thrive by being pleasant, safe places in which to spend time"

We only used to see this volume of people come to the street during the fairs and festivals, when the street was closed for the purpose but now I would say almost the same amount of people come to the street on a daily basis. It just shows how beneficial closing the street on a long term basis has been to the community and to the traders. It is just a much nicer to spend time and to work in this street without traffic hurtling down it day and night. Some are against it but I would say on the whole, the consensus seems to be that it is for the better. Those against seem to be residents on the riverside that used to use this little street as a convenient cut through. I was always amazed at the big volume of traffic all day & night for such a tiny street.

It was nice this week to see more traders taking a little time to make sure that their window boxes were watered in the hot weather and great to see other traders like You Me Sushi washing down their front paving stones in the mornings. All the plants that we have planted in the last few weeks are growing beautifully and already attracting bees too! The Church roses are look really lovely too, I watch them every day as they are amazingly so symmetrical, 4 in a line and huge!



FOOD AND DRINK NEWS FOR JUNE

Well, we've had World Oceans Day this last week, and so it seemed like a topical time to tell you about a few new ranges that are sea or water related, as well as some other great new products I've discovered.

Ocean Beer, a premium craft beer committed to a quality product and to the ocean, (giving 100% of profits to ocean conservation and ocean clean up), has recently launched in the UK. It's available from oceanbeer.com and through [Honest Grapes](#) (Green Retailer of the Year 2020). A range of three craft beers:

Ocean Lager (33cl, alc. 4.8%), **Surfer IPA** (33cl, alc. 4.8%), and **Ocean Beer 0.0** (33cl, alc. 0.0%), each made from natural, high-quality ingredients, with product sustainability at their core. It began with three surfers in Portugal – Spanish, Portuguese and South African – sharing two passions: beer and the ocean. Increasingly aware of the poor state of the waters they surfed in, their idea was born – brew and sell quality beer to fund the clean up of their beaches. And it tastes good too!



Shore Thing! Another company is the multi award winning SHORE, a Scottish Seaweed Company that's impressed industry experts with its innovative concept of turning a sustainable, local super food into healthy snacks that taste really delicious. SHORE grows, harvests and processes premium Scottish seaweed to make products that are 100% sustainable, good for the coastal environment and beneficial for its local rural communities. Choose from tasty seaweed snacks (sweet and savoury) including clusters, seaweed chips and a really unusual range of pestos and tapenades.

They're available in shops including Sainsbury's, Holland & Barrett and Wholefoods and also online at shoreseaweed.com



Splice the Mainbrace! (The order given aboard naval vessels to issue the crew with an alcoholic drink). **Mainbrace Rum** was conceived at the Ferryboat Inn, Cornwall and has won numerous industry awards – quite justifiably, as it is fabulous! There are two rums, blended from fine rum from Guyana and Martinique: **Premium Golden** and **Navy Strength**. They're smooth, well balanced, and perfect for cocktails, with a mixer (ginger ale or tonic are recommended) or, of course, enjoying on the rocks! £34.99 and £44.99 respectively from mainbracerum.com or fine spirits websites such as Master of Malt.



Drink it: Did you know that tap water can be full of lead, chlorine, metals, toxins, hormones and even asbestos from aging pipes which need replacing? It can do you more harm than good, so maybe consider using a quality water filter. A recent survey by **Zerowater UK** revealed that 70% of Brits are still drinking unfiltered tap water. Unfiltered tap water contains microplastics, but they tell me bottled water contains twice as much plastic. Zerowater's filters remove as much as 99.6% of all toxins, solids, and contaminants, such as lead, chlorine, mercury, aluminium, and plastic particle. It is so good it makes tap water the closest thing to pure H2O. The [Zerowater 12 cup filter](#) costs £39.99 and comes with a total dissolved solids reader, so you can test your area's water quality before and after. Some cities such as London have water readings of over 280, but after using Zerowater it goes to 0.



A Handful of tasty snacks: Aiming to shake up the healthy snacking sector through its innovative flavour combinations, while offering products packed with naturally nutritious ingredients like fruits, nuts, seeds and grains is **Real Handful**, run by husband and wife team Joe and Carly Taylor. Inspired by Joe's Ironman training and his frustration with the often misleading, over-complicated healthy snack options on the market, they've produced a range of craft baked nuts and savoury trail mixes, plus sweet trail mixes and plant protein bars. Widely available in major retailers, including Ocado, Sainsbury's and Waitrose, they're really worth checking out – especially the salt & vinegar peanuts...yum!



Dress to impress: Hunter Gather, a brand behind 'clean' condiments (including 100% Avocado Oil Mayo and Unsweetened Ketchup) won 'Best of British' in Ocado's Rising Stars Awards, and has a new duo of 100% Olive Oil all natural dressings, packed with goodness and free from any 'nasties'. The two new dressings - **Hunter & Gather 100% Olive Oil Herby Greek Dressing** and **Hunter & Gather 100% Olive Oil Creamy Lemon Ranch Dressing** - are tangy and delicious, yet all natural and free-from the added sugar, grains, seeds oils and chemical preservatives that are often found in other branded dressings. This makes them suitable for Paleo, Keto, Low Carb, Gluten-Free and Dairy-Free lifestyles. And they taste really good! Ranch dressing isn't something that we see very often in the UK but it is so versatile and this one is particularly tasty. Dressings available at Amazon (£9.99 for a twin pack) and a range of the company's other products are at Ocado.



Be Kind to yourself, you deserve it! Healthy snack bar, **KIND**, has introduced its own take on a national treasure: Dark Chocolate Orange Almond Bar. A nuttier way to enjoy this iconic favourite British flavour combination, it's packed with crunchy almonds drizzled with dark chocolate and a hint of zesty orange peel. As with all the KIND range, it's made using whole, natural ingredients and is gluten-free. Plus, it's high fibre, and 52% nuts. What's not to like? Available in Sainsbury's and Waitrose, at around £1.30





Talking Lockdown, Episode Two

Arts Richmond, on YouTube

The second instalment of Art Richmond's popular *Talking Lockdown* series was a breath of fresh air and familiarity amidst the constant change and chaos that seems to define the 'new normal' we have begun to settle into. It brought a warmth that strengthened the sense of community that has often been hard to find during lockdown. Now thankfully, we have the prospect of reconnecting to our loved ones and getting back in touch with the things we enjoy.

Welcomed by Sir Vince Cable, a panel of distinguished guests with careers in artistic and literary fields joined us. They provided insight into how lockdown has affected them and their individual professions, sharing their experiences on what has truly been an unprecedented period.



Better known of the guest speakers was the BBC international news presenter Geeta Guru-Murthy, who provided her insight into how the BBC has had to adapt its interviews in these unprecedented times; and the renowned poet Roger McGough, who discussed the impact lockdown has had on his poetry. He read his wonderful poem *Let's Hear It for Poetry*, which both encapsulated and celebrated the beauty of poetry, and how profound an impact it can have on our lives.



We were also joined by Nicholas George of Instant Opera, and Sophie Denney of the Richmond Theatre, who shared how their jobs in the entertainment industry have had to change due to the pandemic. They explained how they have adapted their productions to maintain the magic of the theatre, albeit on-line, for all to enjoy.

Read Simone de Almeida's review at www.markaspen.com/2021/05/21/talklock-2-sda

Photography by James Coughlin, Burt Dolby, and Arts Richmond

Simone De Almeida is one of the younger reviewers writing on Mark Aspen. When twelve years old, she was awarded the distinction of Senior Laureate in Arts Richmond's [Young Writers Festival 2020](#).



Virtual Eighth

Poetry Performance, 6th June and On-Line

June's online Poetry Performance audience is small. Perhaps vaccine and better weather send the poetically inclined outdoors to reflect on a world recently denied them. You might say it's a milestone, the theme of tonight's readings. Redoubtable MC, Clive Rowland does sterling work accentuating the positive, but would it be fair to suggest that, at times, he has his work cut out for him?



They say self-praise is no recommendation, but Pratibha Castle fearlessly announces her forthcoming award-winning debut pamphlet. Fortunately, she lives up to her hype: the poems from *A Triptych of Birds and A Few Loose Feathers* prove among the best of the evening, and show Castle to be a confident, engaging reader.

Making a subtle and organic connection between prehistory and the present is Sally Blandford's pastoral, *At Polesden Lacy*, where "the flint in the fallen tree roots' grasp / Links the present with five thousand years ago". It's a short but well-crafted poem that inflects observation with reflection to make its point without labouring it.



Bob Kimmerling

The evening's feature interlude is Keith Wait in discussion with poet Bob Kimmerling. Bob studied architecture, researching his PhD between New York and Rome. He worked for Norman Foster in Oslo, where conversion to Christianity was his own milestone. His faith has informed every endeavour since, establishing organisations to support ex-offenders, and Richmond's Food Bank and Vineyard Life Church. I am interested by the memoir he is writing, *Fishing for Dr Richard*, a pilgrimage with a late friend and fellow fisherman, exploring their mutual biographies of belief. Bob's keen eye comes into play in his practice of going for

a walk and "seeing whether I can 'see' a poem". Maybe the seen world can become loaded with more moral freight than it can bear: as with the poem *Where are you, William?*, in which a drinker searches the Richmond foreshore for discarded bottles, drinks dregs and then throws the "empty vessel" into the Thames. There is an energy, a sensitivity to sound, that transcends this, especially in Bob's calm and authoritative delivery.

Nevertheless, eventually listening to the final poem *Welcome, We're Here*, I can't help sneakily sharing its sentiment. Aptly it explores the end of the road in Twickenham, voiced by three benches by the riverside. The punning refrain "It's on us" is charming – and after the evening's ups and downs it provides a sedentary and reflective spot.



Read Matthew Grierson's review at www.markaspen.com/2021/06/11/virtual-8

Photography by Noel Leacher, Neil Christopher and Kezi Smith

The Many Shades of Green

Travel news by Bruce Lyons



At last travel is becoming clearer, that is if you understand that the options are narrowing by the day! All the talk about Traffic Lights seem to be a device to hoodwink you into a comfort zone that really doesn't exist. The real benefit of GREEN (and there is an acute shortage of them) is that from them you don't have to Quarantine on your return to the UK.

So where are they? The only accessible ones (of the 12) are Gibraltar, Iceland and Israel and of these **Israel** has yet to set a date that tourism could restart, maybe soon but not yet- they have been carrying out a study of a few closed groups that have been in the Holy land this last 2 weeks-watch this space.

Gibraltar, is by far the best bet as from now (June 13th) you can travel there with only proof of your vaccinations, you have to have a lateral flow test (free) on arrival but that's it – and there a lot on offer – Sun for a start, loads of history, sea excursions, beach – excellent shops and fine dining and plenty of flights too!!

Iceland is pretty much the same from last MONDAY (June 7th) and a wider range of holiday types, City Break, Volcanoes, Glaciers – wonderful hiking in contrast to Gibraltar sparsely populated. OK so you won't be swimming in the sea perhaps, but there are hot pools, Geysers and amazing Nature.

More “GREEN” guidance perhaps applies to the UK destination as even now whilst you don’t have to Quarantine on your return you do have disciplines to follow if you are visiting Ulster and the Channel Islands (Jersey is open from the 13th of JUNE) Tourism in Britain is open now with few restrictions . Coach Tours, Hotel Stays, City Breaks, Staycations, farm Holidays, small groups for Cycling and walking and discovery trips too. The amazing renaissance with the UK Cruising has started, even if there was the odd hitch as some ports in Scotland have been barred till late June – But the sailings are on and we have all seen pictures on the TV of the Virtusoa sailing around the UK but there are more than 18 cruise boats sailing a variety of itineraries and themes.



As for travelling to “Amber” countries we have seen a burst of activity here as many are desperate to visit family or friends overseas or go to their Holiday Homes and this is possible – you just have to follow the rules! You will have to quarantine on your return but unlike a month or two ago it is easier to do that and we even have a DROP BOX for Eurofins outside the office with a speedy service and we can help with your return to the UK too! Some Amber countries have had their FCO advice changed to the good and that means you can have valid travel insurance- As I write this not only includes the Canary Islands but also the Greek destinations of Kos, Zante, Rhodes, Corfu and Crete and perhaps more importantly all the Portuguese destinations too (Mainland, Madeira and the Azores) – Though to all these you still have to observe the Covid Rules. Next Government announcement is not till around June 21st – though we have all heard that Messrs Johnson &

Biden maybe discussing a transatlantic Corridor at Carbis Bay this weekend so there may be some good news here!!!



Staycation alert

This week Intrepid made an offer of 10% discount on two of their gentle hiking (with transport too) tours. Walking in the Lake District and Walking in the Cairngorms – and Cosmos have **special prices** on their Highland Explorer trip as well as their Jersey Island Discovery.

Apprehensive of the new rules and the changing disciplines – just call 020 8744 0474, email info@crusadertravel.com or pop into 58 Church Street for a chat.

TOP 5 EXPERIENCES TO HAVE IN THE UK



CRUSADER TRAVEL

WIZ TALES - Antigua and Barbuda

Teresa Read

The country of Antigua and Barbuda is in the Caribbean.

There are three National Parks in Antigua and Barbuda; each of these include marine areas. The Frigate Bird Sanctuary, located on the Codrington Lagoon in Barbuda, has one of the world's largest colonies of frigate birds.

Antigua and Barbuda became a British Colony in 1667.

Fort Shirley, on a hill top (Shirley's Height), was the main fortification of the British troops. English Harbour was defended from Fort Berkeley, located strategically at the harbour's entrance.

Admiral Horatio Nelson developed British naval facilities at English Harbour in 1784.

In 1967 Antigua and Barbuda, together with the small island of Redonda, became a self-governing state within the British Commonwealth.

Antigua and Barbuda achieved full independence in 1981.



Nelsons Dockyard, Antigua



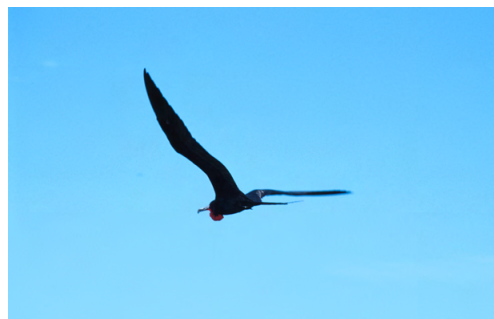
Church, Antigua



Fort James, Antigua



Pier at Codrington, Barbuda



Frigate Bird, Barbuda



Beach, Barbuda

Photographs copyright of the Antigua and Barbuda Tourist Office

More photos from Antigua and Barbuda:

<https://www.worldinfozone.com/gallery.php?country=AntiguaBarbuda>



THE FIRST FLYING BOMB

By Doug Goodman

On 13th June 1944 during WW2 the very first Flying Bomb was launched against London. It landed in Hackney and killed six people. London had been subjected to devastating air raids in the war's first years causing vast destruction and thousands of deaths but at least the RAF was able to retaliate by shooting down many of the Luftwaffe's bombers.

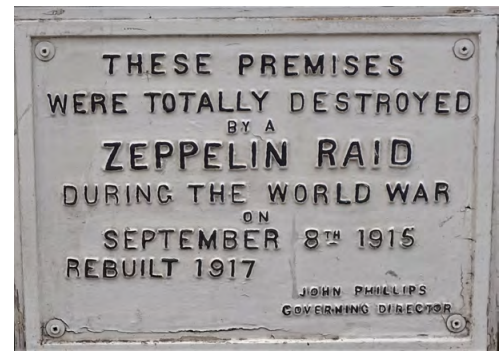
This new form of terror, the V1, was much harder to combat: guns could often hit the fast moving Flying Bombs, the Spitfire could just about match their speed to shoot them down or topple them resulting in their destruction before reaching London and Bomber Command could destroy the launch sites, once identified. But with launch sites well hidden in Northern France, Germany was able to fire 9,251 'Doodle Bugs' at London before the launch ramps were destroyed or over-run by the Allied Forces. Of the 9,251 missiles fired 4,261 were destroyed before hitting London. Those which hit their target caused nearly 5,500 deaths. A clever trick by our intelligence services was to persuade the Germans, through messages from captured and 'turned' spies, that the missiles were over-shooting London. Those responsible for the launches shortened the ranges meaning that Flying Bombs targeted on London landed in Kent. The missiles were not very accurate; the pulse-jet engines were given sufficient fuel so that the motors cut out over London. As long as you could hear the engine noise you were safe but as soon as it stopped the bomb was plunging to earth.



The Doodle Bug or Flying Bomb



The V2 Rocket



Air Raid in 1915

Air attacks on London occurred in The First World War as memorial plaques testify. But then we were not so well prepared to defend our capital with aircraft and to protect the public with shelters and teams of rescuers and fire fighters. The last Flying Bomb hit London on March 29 1945 but by then the Germans were firing the V2, the first intercontinental rocket. There was no warning or protection against them and the huge explosion was the first indication that a V2 had arrived. The rockets were launched from sites in the east of Germany and many were fired from mobile launchers. Up to 20,000 specialists worked at Peenemunde on the development and production with many thousands of prisoners used as slave labour. The first V2 landed in Chiswick on September 8th 1944 and the last in March 1945. The rocket flew at 3,600 miles per hour and landed just 5 minutes after lift-off. A total of 1,115 rockets were fired at the UK resulting in 2,612 deaths. It was only when the heavily fortified production facilities were bombed and then captured that the terror from the sky was ended. Many of the German scientists 'volunteered' to work for the Americans and were involved in the US space race. Dr. Werner von Braun, a leading authority on rocket technology, worked on the first moon shot in Huntsville Alabama

La Coupole in Northern France near St. Omer was once a production site for the missiles and is now a fascinating museum devoted to the history of Hitler's V weapons. (www.lacoupole-france.co.uk)

Interesting reading: By author Bob Ogley, 'Doodlebugs and Rockets'.

St Mary's University

The Centre for Marian Studies Welcomed to St Mary's University

St Mary's University, Twickenham is delighted to announce that the Centre for Marian Studies (CMS) is to become a part of the Institute of Theology and Liberal Arts at the University and will host a conference from 8-10th July.

the STB programme run with Mater Ecclesiae College, and the MA Christian Spirituality.

The Institute of Theology and Liberal Arts at St Mary's is home to a number of distinguished academics who teach on its diverse range of undergraduate and postgraduate degree programmes. The Institute is also home to several research centres, which regularly publish research and host conferences on history, theology, Catholic education, and contemporary religious life.



To celebrate joining the University, the Institute of Theology and Liberal Arts and the CMS will be hosting a conference entitled Bridges and Boundaries: the role of the Virgin Mary in faith and culture. This will be an online

The CMS, a registered charity founded in 1995 by Dr Sarah Jane Boss, is concerned with the advancement of the education of the public in all matters relating to the Virgin Mary. The charity runs educational courses, supports research, holds lectures for outside organisations, helps to supervise students, and provides information on Marian issues to the mass media and general public. The CMS has no religious affiliation and is open to members of any religious belief.

conference, running from 8th – 10th July 2021, focussing on Mary's roles in Christianity, Judaism, Islam and a range of literary and artistic representations and feature speakers from around the globe including US, Mexico, Ireland, Germany, and Taiwan.

The CMS also has a book collection which has been curated over the past twenty-six years. Students will be able to access the collection from the University library and it may be of particular interest to students taking one of the modules in Mariology run by the Institute of Theology and Liberal Arts, which are included in the BA (Hons) Theological Studies,

Speaking of the announcement, St Mary's Head of the Institute of Theology and Liberal Arts Dr Jacob Phillips said, "We are delighted that the Centre for Marian Studies has joined us here at St Mary's. I look forward to our conference in July, which I am sure will be the first of many such events exploring this fascinating area of research."

To find out more or took your place at the conference, please visit the [CMS website](https://www.marianstudies.ac.uk) or [contact info@marianstudies.ac.uk](mailto:contact_info@marianstudies.ac.uk).



St Mary's
University
Twickenham
London

Local St Richard Reynolds Catholic College pupil writes their way to success with STABILO Lockdown Diary Competition

Local school child Emeline Gee, aged 11, has been chosen as one of 5 runners-ups in a national competition run by pen and pencil company STABILO, calling on children to share their lockdown highlights.

Emeline, of St Richard Reynolds Catholic College School, was chosen by a panel of judges after she wrote an entry about getting her finger stuck in the school gates and needing to be rescued by the Fire Brigade and submitted it to the competition. Emeline's diary entry was chosen from hundreds of entries; narrowly missing out on being crowned the overall winner.

Emeline has said "I am thrilled to have won the competition as a runner-up. For the past few weeks I have been checking the First News papers for any sign of winners for the competition. I entered the competition as I wanted to repay the school by giving them a class pack of pens because of the damage to their school fence, but I'm still so happy. Now I won't need to go to the shops to buy stationery because my pencil case will be full!

It was all thanks to the Fire Brigade that I was freed. Now I can use all these nice pens without a damaged finger."



After a tumultuous year, STABILO partnered with children's magazine First News to run

the competition to encourage children to share the many highs and lows of the last year. With hundreds of entries, the competition highlighted once again children's positive nature and their resilience.

Vanya Hunter, Marketing Manager at STABILO said: "The talent of the entries that we received for this competition was truly incredible. It was amazing to hear about each child's individual memories from the last year, highlighting the different ways that lockdown has affected us across generations. There were many smiles and a few tears as we sorted through the entries to select our winner and runners up. We were thoroughly impressed with every entry that we received, and it was very difficult for us to narrow them down. We truly hope that all those who entered continue to practice writing and sharing their experiences."

I WISH

A new series for those of you who are missing Richmond Film Society's screenings or, indeed, trips to the cinema generally as a result of the COVID-19 crisis. Their committee is producing a number of weekly recommendations of films screened during the last 20 years that were extremely well received by their audiences. Should the notes reproduced below entice you to try and catch-up with this recommendation, then you should be able to do so, as it is available on streaming services and for purchase as DVD/Blu-Ray discs from the online retailers as indicated below.

RFS Context: **I WISH** was the 717th film screened by RFS on 14th January 2014. **I Wish** was the sixth ranked film from Season 51 it got an approval mark of 89% from those attending; from season 51 we have also already featured the top five films, in order: **A Hijacking, Untouchable, A Royal Affair, The Angels' Share** and **Out Of The Dark** as **Issues 3, 16, 6, 9** and **61** respectively. **I Wish** can be streamed from Curzon and BFI Player and the discs are available from Amazon and others.

I WISH (Kiseki)

Country: Japan, 2011
 Director: Hirokazu Koreeda
 Screenplay: Hirokazu Koreeda
 Editor: Hirokazu Koreeda
 Running Time: 128 min., colour
 Language: Japanese
 Cinematography: Yutaka Yamazaki

Leading Players:

Hiroshi Abe (Mr. Sakagami-Teacher)
Jô Odagiri	(Kenji-Father)
Yoshio Harada	(Wataru-Grandfather's Friend)
Masami Nagasawa	(Ms. Mimura-Teacher)
Yui Natsukawa	(Kyoko-Megumi's Mother)
Kirin Kiki	(Hideko-Grandmother)



I Wish (Kiseki) was in the list of top ten films of 2013 for both the Guardian and the BBC's Film 2013. The following is an edited version of Peter Bradshaw's review in the Guardian, published on 7 February 2013.

"Like Hirohazu Koreeda's earlier movie **Still Walking**, this is a deeply considered Japanese family drama in the tradition of Ozu, with echoes of Edward Yang and Tsai Ming-liang – moving, sometimes heartbreakingly sad, often mysterious. The film is about the powerful imperative of family unity, but also about the inevitability, and even desirability, of families finally disintegrating and allowing everyone involved a painful kind of freedom.

The original title is Kiseki, or “**Miracle**”, and a miracle is being longed for by two brothers, around nine or 10 years old: they are Koichi and Ryu, played by real-life brothers Koki and Ohshirô Maeda, from whom the director gets terrifically natural and relaxed performances. Their mum and dad have broken up; Nozomi (Nene Ohtsuka) has returned to live with her parents and taken a demeaning supermarket job in her hometown of Kagoshima, within sight of the Sakura-jima volcano, which, with eerie calm, like a figure in a painting, is in a state of silent eruption on the distant skyline. It deposits a fine film of ash over everything, which the city-dwellers must continually clean away. Koreeda does not belabour the metaphorical quality of this volcano, or the Pompei-snapshot of ordinariness he himself records. Meanwhile the father, Kenji, (Jô Odagiri) stays in Osaka, where he pursues the laid-back slacker lifestyle that so infuriated Nozomi, failing to hold down day jobs while in the evenings trying to be a guitarist in a band.

The difficult and upsetting thing about this arrangement – never fully discussed by anyone, adult or child – is that the warring parents have taken a child each: withdrawn, thoughtful Koichi has gone to his mother and grandparents; easygoing and smiley Ryu has gone to live with his dad. Clearly, this setup is a way the couple have found of signalling to others and to each other that the breakup is temporary; they are taking a break and sharing the childcare burden equally, though without fully considering how the children will feel about it. But as the days and months go by, Koichi can feel the situation hardening into permanence and, talking with his brother on his mobile, hatches a strange and poignant new plan: he has heard that the newly built bullet train lines create a supernatural energy at the point where the trains whoosh past each other. If the boys can just contrive to skive off school and make a wish at this focal point, their happiness can be restored...”

Peter Bradshaw, *The Guardian*

Arts Richmond Diana Armfield Prize for Drawing opens soon

Distinguished artist Diana Armfield has agreed to sponsor a drawing competition with Arts Richmond, to encourage artists aged 16 years and upwards to draw from observation.

Artists are encouraged to draw directly from life, not from photographs or by using devices or other means and must be in monochrome in pen, pencil, ink or charcoal.

Arts Richmond is offering a prize of £250 to the winner, who will also be allowed to keep one of her beautiful framed drawings for a year.

The competition is being run in memory of Diana's late husband Bernard Dunstan who sadly died recently at the age of 97.

The competition will run from Monday 21 June until the deadline of Saturday 3 July at 12.30pm. If you have any questions or would like to send your application form ahead, electronically, please email info@artsrichmond.org.uk. Find out [full details and competition rules](#).



St Mary's University

St Mary's Rowing Alumni Selected for Team GB

Alumni of St Mary's University, Twickenham Karen Bennet and Moe Sbihi MBE have been selected to represent Team GB by British Rowing for the Tokyo 2020 Olympic Games.

Moe, who was a sports scholar at St Mary's whilst studying Sport Science with Health, Nutrition and Exercise, has been selected for the men's coxed eight. This will be Moe's third Olympic Games, having won Gold in the men's four at Rio 2016, and Bronze in the men's eight at London 2012.

Speaking to British Rowing about competing in his third Olympic Games, Moe said, "It's really exciting given its 12 months later than we all expected. It does feel a little different than normal, but I know it must be so exciting for those making their debuts. I remember what it was like for me being selected for my first Games and it's still pretty awesome. We train incredibly hard and compete incredibly hard, and competing at the Olympics isn't about being extraordinary, it's about doing what we normally do, staying grounded and humble and giving our all out on the water."



Moe Sbihi MBE, second from right

"It's been wonderful to see them develop from talented athletes to experienced Olympians, and

to enjoy their memorable performances along the way." Andrew Reid-Smith



Karen Bennett, second from left

Karen, who studied Sports Rehabilitation at St Mary's, has been selected to row in the women's coxless four in Tokyo. She previously rowed in the women's eight at Rio 2016, where she was part of the first British eight crew to win an Olympic medal at the team took the Silver.

Both Moe and Karen have remained friends of St Mary's since graduating. Both have addressed graduating classes at the University's annual graduation ceremonies in Westminster Cathedral, with Moe speaking in 2015 ahead of the Rio 2016 Games, and Karen speaking in 2018 following her Olympic success.

Speaking of their selections for Tokyo, Head of Sport at St Mary's Andrew Reid-Smith said, "We are delighted to see Moe and Karen selected again for the Olympics. It's been wonderful to see them develop from talented athletes to experienced Olympians, and to enjoy their memorable performances along the way. We wish them and the squad every success in Tokyo."



**St Mary's
University
Twickenham
London**

England Rugby squad announcement: Training week

Eddie Jones has named a 34-player England squad as they begin preparations for their summer series of fixtures.

The squad will meet up at The Lensbury on Monday 14 June for a five-day training camp.

With 12 English players involved in the British and Irish Lions squad and the Gallagher Premiership semi-finalists (Bristol Bears, Exeter Chiefs, Harlequins and Sale Sharks) unavailable for selection, Jones has named 21 uncapped players.

An updated squad will reconvene on Sunday 20 June, ahead of the England A fixture against Scotland A at Mattioli Woods Welford Road, Leicester (Sunday 27 June, 2pm KO). Gallagher Premiership finalists will not be available for selection for this squad.

Following the final, Jones will further update his squad for England's two Test matches at Twickenham Stadium in July.

They will first host USA (Sunday 4 July, 2pm KO), before taking on Canada in their final fixture on Saturday 10 July (3pm KO).

All three matches will be shown live on Channel 4.

Jones said: *"This is the first squad of three and we'll include players from the other clubs where appropriate, when they become available. We've also given some of our senior players the chance to get some important rest and recovery time after back-to-back seasons, and with no proper pre-season. For this group it's a chance to come into the England environment and really show what they can do. We expect them to be enthusiastic, full of energy and we want them to know there is no limit to their horizon. There is a lot of talent in this squad but the challenge for them is to turn talent into performance. We're really looking forward to working with this group of young players and see where we can take them. They have the opportunity to take on the world."*



Forwards

Jamie Blamire (Newcastle Falcons, uncapped)
Callum Chick (Newcastle Falcons, uncapped)
Trevor Davison (Newcastle Falcons, uncapped)
Charlie Ewels (Bath Rugby, 21 caps)
Ellis Genge (Leicester Tigers, 28 caps)
Joe Heyes (Leicester Tigers, uncapped)
Paul Hill (Northampton Saints, 5 caps)
Ted Hill (Worcester Warriors, 1 cap)
Lewis Ludlam (Northampton Saints, 8 caps)

Lewis Ludlow (Gloucester Rugby, uncapped)
George Martin (Leicester Tigers, 1 cap)
Chunya Munga (London Irish, uncapped)
Beno Obano (Bath Rugby, 1 cap)
Miles Reid (Bath Rugby, uncapped)
Sean Robinson (Newcastle Falcons, uncapped)
Jack Singleton (Gloucester Rugby, 3 caps)
Sam Underhill (Bath Rugby, 22 caps)
Harry Wells (Leicester Tigers, uncapped)
Tom Willis (Wasps, uncapped)

Backs

Josh Bassett (Wasps, uncapped)
Joe Cokanasiga (Bath Rugby, 9 caps)
Tom de Glanville (Bath Rugby, uncapped)
Fraser Dingwall (Northampton Saints, uncapped)
Ollie Hassell-Collins (London Irish, uncapped)
Dan Kelly (Leicester Tigers, uncapped)
Ollie Lawrence (Worcester Warriors, 6 caps)

Alex Mitchell (Northampton Saints, uncapped)
Max Ojomoh (Bath Rugby, uncapped)
Tom Parton (London Irish, uncapped)
Adam Radwan (Newcastle Falcons, uncapped)
Dan Robson (Wasps, 12 caps)
Ben Spencer (Bath Rugby, 4 caps)
Freddie Steward (Leicester Tigers, uncapped)
Jacob Umaga (Wasps, uncapped)

Free tree packs scheme now open for schools and communities

Whether planting for The Queen's Platinum Jubilee, to help tackle climate change, or to improve local areas around the country, the Woodland Trust's popular free tree pack scheme is now open for applications.

Schools and community groups across the London and Greater London are now able to apply for the first 1 million trees, and into 2022 there are over 3 million trees in total available via free tree packs.

Packs are sent out twice a year. **In Spring the uptake was high across London and Greater London with 14,520 trees despatched for planting across the area.**

The Woodland Trust is delighted to be a leading delivery partner of The Queen's Green Canopy (QGC) and is offering free trees as an amazing opportunity to help many thousands of schools and communities to plant trees to mark Her Majesty's Platinum Jubilee in 2022.

Applications are accepted on a first come, first served basis and the first million trees will be despatched in November during the planting season. The Trust welcomes applications from all types of community groups and people do not have to be part of a formal long-standing group, they just need to have a group name decided before they apply.

The packs, all generously funded by our corporate partners, are available in a range of themes; year-long colour, a wild harvest, or a haven for wildlife. Another contains hardy species which tolerate exposed sites and dry areas or where water collects easily, there is even a working wood mix which could provide wood fuel or willow for weaving.

The packs also come in a range of sizes; 15 (perfect for urban areas and which can be split between neighbours where necessary), 30 (which will create a six-metre hedgerow or a tennis court-sized copse), 105 (enough to cover an area as big as four tennis courts) or 420 (to cover an area the size of a football pitch) and most can create fantastic hedgerows.

We ask that trees are planted on publicly accessible land where possible, with the landowner's permission, and that groups commit to caring for those trees as they establish and grow. Since 2004 the scheme has helped thousands of groups plant millions of trees and there is support for experienced and first-time tree planters! In Spring this year over 400,000 free trees were sent to keen planters across the country.

Senior project lead for the Woodland Trust Vicki Baddeley said:

"We're always amazed by the appetite schools and communities have for tree planting. It is such a wonderful thing to do. It is a positive, life-affirming and life-changing action that people can take to mark momentous occasions like The Queen's Platinum Jubilee, to help tackle the climate and nature crises, or to make their local areas a bit greener. We find that once people have planted one tree, they usually want to do more. All the trees planted have a host of different benefits working hard to lock up carbon, improve soils and water, reduce the flow of flooding, provide shade and shelter, create havens for wildlife and a place to enjoy."

Woodland Trust tree packs are generously funded by lead partners Sainsbury's, Lloyds Bank, OVO Energy, DFS Furniture, players of People's Postcode Lottery, Joules, Bank of Scotland and Sofology.

Packs contain a mix of UK sourced and grown native broadleaf species such as hazel, rowan, hawthorn, common oak, silver birch, wild cherry, elder, dogwood and holly.

To order free trees people can visit www.woodlandtrust.org.uk/freetrees before August 25 and they'll be delivered in November 2021.

All our trees are UK and Ireland Sourced-and-Grown (UKISG). Responsible tree procurement is central to developing resilient woodlands. We currently ship to England, Scotland, Wales and all UK islands apart from the Channel Islands and the Isle of Man.

Unfortunately, we are not able to despatch packs to Northern Ireland currently due to the NI Protocol, so we cannot accept applications for Northern Ireland at this time. We are consulting with statutory bodies to try and resolve this issue and we will provide updates in due course.



**WOODLAND
TRUST**

Optimising the defence estate

The National Audit Office (NAO) has found that the Ministry of Defence (MoD) has missed its targets to reduce the size of its estate and is not on course to meet its future target. Recent changes mean that the MoD is now better placed to dispose of parts of its estate it no longer requires but it faces significant challenges in completing disposals.

In 2016, the MoD published its strategy to ensure the Armed Forces has the right estate - including offices, houses and training facilities - in the right locations to support current and future needs. The MoD has reduced the size of its built estate¹ by 2% since 2015-16 and its planned disposals mean it will not meet its target of a 30% reduction by 2040-41. The MoD forecasts that its programme to rationalise the defence estate will deliver net savings over the next 25 years, but these have fallen by 73% since 2016 and remain uncertain.

The Department has now resolved the funding shortfall on its estate disposal programme and agreed a revised programme of site disposals. However, the future affordability of the programme is likely to remain a challenge and the NAO recommends that the MoD should collect better cost data to reassess its potential benefits.



In March 2021, the government published the Integrated Review, which provides clarity on future military capabilities, force size and location. This means that the MoD now has the opportunity to reassess its overall estate requirements and consider the need for revised targets for the size and shape of its estate.

Today's NAO report examines the MoD's progress in delivering its estate optimisation strategy and disposing of sites that are no longer needed. It sets out:

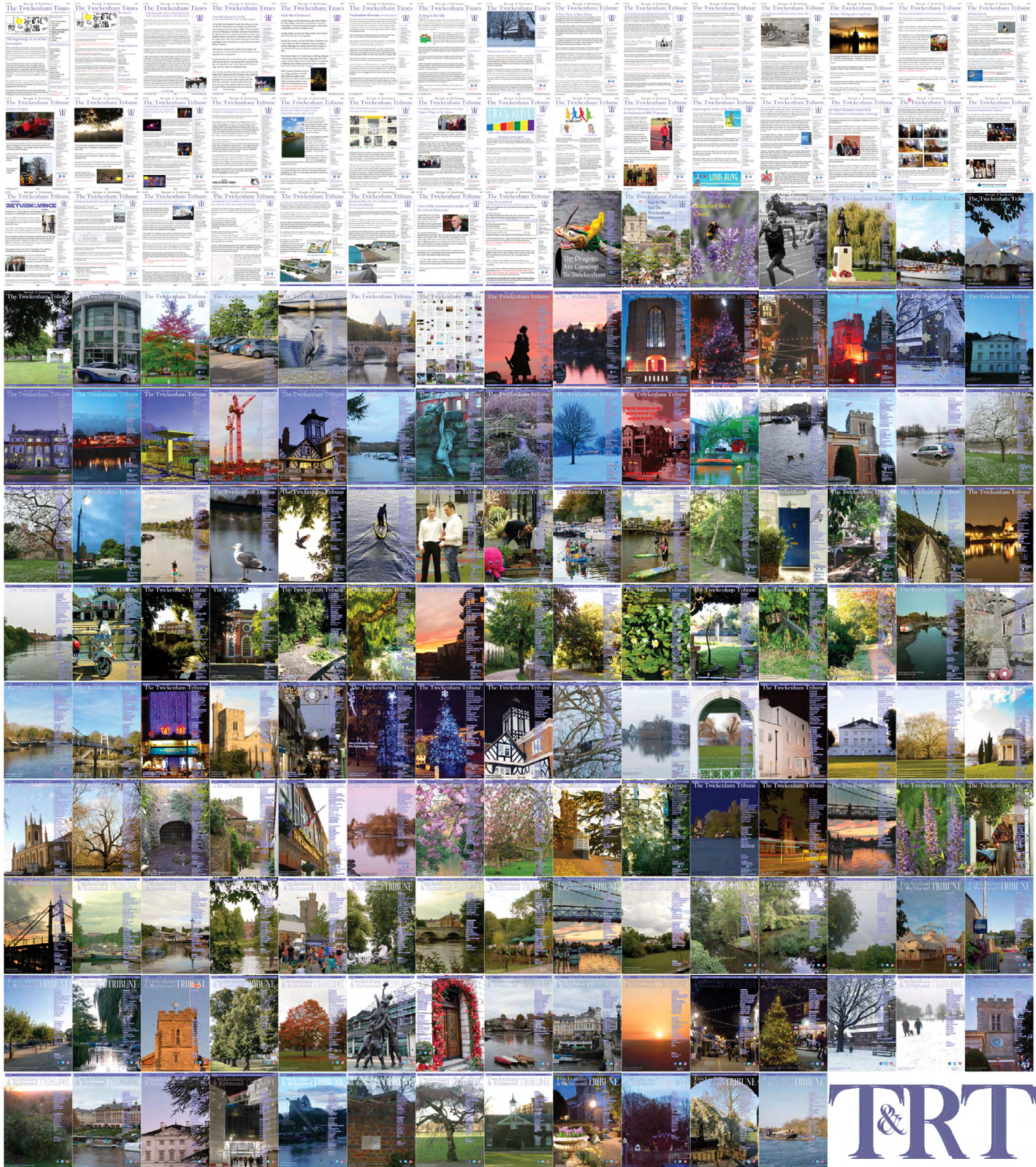
- the defence estate and the MoD's estate optimisation strategy;
- the MoD's progress since 2016 in reducing its estate; and
- whether the MoD has established the necessary conditions to achieve its estate optimisation objectives.

See the full report [HERE](#)



National Audit Office

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