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The Chiswick Herald

Friday 2nd June 2017

The Independent newspaper for Chiswick

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ELECTION 2017 ..and then there were three

With less than a week to go to the General Election, the three main candidates vying to become MP for key marginal Brentford and Isleworth, put forward their case for your vote.



Ruth Cadbury: "Labour recognises that leaving the EU with 'no deal' is the worst possible outcome for Britain causing so much damage to our economy and trade"



Mary Macleod: "As Theresa May's candidate, I pledge to you that I will do everything I can to make Brexit a success for our local and national economy"



Joe Bourke: "We will give people a chance to change Britain's future by holding a referendum on the final Brexit deal, with an option to remain in the EU"

BRENTFORD & ISLEWORTH CONSTITUENCY ELECTION SPECIAL: PAGES 14-18



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Local school supports Oxfam at Glastonbury

Brentford School for Girls are one of a select group of schools chosen to submit banners for Oxfam's enclosure at the Glastonbury Music Festival this year

The banner is in support of Oxfam's current campaign "Stand As One" and has become something very personal to the girls at Brentford. Since April the school has been running the Future Youth Schools Forum, a Europe wide forum which is dedicated to looking at the issues around the topic of Forced Migration and Refugees.

This is something which touches many of the students lives and their testimonies about their reasons for getting involved with the Forum are sown onto the banner.

A spokesperson for the school said, "Their eloquence, honesty and passion speak volumes about the girls' commitment to making our world a fairer place, to recognising the plight of those forced from their homes and to seeking social justice for the poor and displaced of our world."

You can follow the Oxfam campaign on #StandAsOne.



The Banner For Oxfam's Enclosure At The Glastonbury Music Festival

Boutique charity shop in Turnham Green Terrace



Alexandra Rose

A charity shop in Turnham Green Terrace is selling designer clothes and high street brand names. Bou-

tique by Shelter also specialises in vintage accessories with great bargains and prices on new seasonal la-

dies wear. Pop in and have a browse - Boutique Shelter, Turnham Green Terrace, Chiswick W4.



Top Hat Dry Cleaners celebrate 50 years

One of Chiswick's best known and well loved businesses is celebrating 50 years of service to W4 and the surrounding area. Top Hat Dry Cleaners of Devonshire Road opened its first store on Kingsley Road in Hounslow in 1967 with a second shop at 424 Chiswick High Road, and has remained a family firm throughout its history with owner Mike Moran still at the helm. The company moved to its present site in Devonshire Road in 2007.

loyalty of our customers, has helped us get to where we are today."

Mike is active in the promotion of Devonshire Road and its independent outlets and a member of the board of the Hounslow Chamber of Commerce.

"There have been a lot of changes over the years and we've unfortunately seen the struggle of independent traders who just can't meet the high rent demand of landlords" says Mike. "It's a real shame. But with local residents showing a willingness to support local businesses, the future looks great."

"It's great that we are still here today after all these years", said Mike. "We pride ourselves on quality and customer service and this, along with the

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Contact information

Editor/Publisher: Paul Williams
paulwilliams@chiswickherald.co.uk
020 3623 0567

Advertising Sales Manager: Annmarie Frankland
annmarie@chiswickherald.co.uk
020 3623 0567

Production Manager: Catherine Clarke
production@chiswickherald.co.uk

The Chiswick Herald
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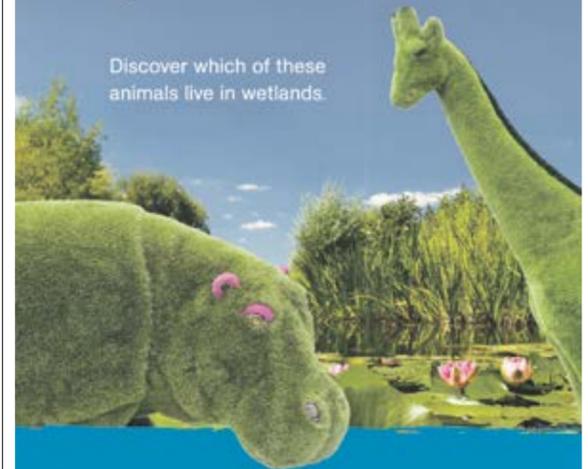
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Woman missing from Shepherds Bush found



Police in Hammersmith & Fulham have confirmed that a missing woman from Shepherd's Bush has been found. Minette Emanuel, 48, was reported missing on 24 May. Concern was raised after she was last seen near Acton Green Common in Chiswick.



Clare Balding to open Chiswick's Super Saturday of Sport

Paul Williams

Chiswick's very own favourite TV Sports Presenter, Clare Balding OBE will once again open Super Saturday of Sport on Turnham Green.

The event, on July 8 will start 30 minutes earlier this year to give Clare time to rush to the BBC studios at Wimbledon where she will be presenting the daily highlights show of The Championships.

The event organiser, Kirsten Lonsdale approached Clare to open Super Saturday again, but with little hope because of the date clash with Wimbledon this year.

"I emailed Clare, fully expecting she would tell me that she was unavailable - but she immediately wrote back and said if we could start at 1030 she was in. It is so incredible to have the support of someone like Clare, who is a constant champion for sport, activity and healthy lifestyles," Kirsten said.

Super Saturday of Sport is also delighted to announce a new major partnership with the food and beverage company, Danone.



Clare Balding at last year's event

Photo by Kelly Reeves

Danone recently relocated its London headquarters to the Chiswick Business Park and are keen to support local initiatives that match their goals of supporting healthy lifestyles.

"Super Saturday of Sport is exactly the kind of event which resonates with what we do. Danone's mission is to bring health through food to as many people as possible, so partnering with this great Chiswick event means we can reach more people and show why

nutrition and activity are crucial to the health of the community and in particular, children," said Ann Evans, Danone's head of social innovation and sustainability.

The event has also attracted 3 new major local sponsors, including The Park Club with its new Club Des Sports programme, Borthwicks Estate Agent and Maverick & Wolf.

The event will once again showcase the best of West London's sports clubs

and businesses with more than 40 activities to try for free. Yoga Muni will lead mindfulness workshops for all ages throughout the day alongside traditional sports such as football with Brentford FC CST. The popular Chiswick Rugby Club, Foucan Freerunning Academy, Sisters n' Sport netball and Chiswick Gators Basketball Club are among the groups attending.

For more information visit www.supersaturdayofsport.co.uk or call Kirsten 07957 417704

Space Station Chiswick help charity challenge to £20k target

London and Birmingham-based self-storage provider Space Station has reached half of its total fundraising target for leading children's charity Variety, having collected over £10,545.

Variety helps children and young people throughout the UK who are sick, disabled or disadvantaged. It provides practical help including Variety Sunshine Coaches, Variety Wheelchairs, and specialist equipment through grant programmes, as well as creating memorable childhood experiences through its Variety at Work scheme.

Space Station's aim is to raise £20,000 for the charity through a range of activities to sponsor a new Sunshine Coach.

The company's latest events, carried out by teams at its Slough, North London, West London, Uxbridge, Chiswick and Kings Heath stores, have gone above and beyond in a bid to raise money, including:

- Employees facing their fears and sky-

diving from over 10,000 feet through the clouds, raising over £1,000

- Organising an Easter Fun Day filled with exciting activities resulting in raising £250

- Space Station's operations manager David Smedley raised £612.86 by dyeing his hair green

- The company's CEO Kevin Prince raffled off one of his leftover holiday days. Staff paid £5 to be in with a chance to win a day off, raising a total of £230

- Staff from the North London stores dressed up in onesies and hit the streets to raise awareness and money, resulting in raising £70

- Chiswick's store staff held a darts challenge for customers and raised an additional £70

Preparations are already underway for the



next fundraising event, which will take place in October. Marketing manager Vlatka Lake is training hard for the River Thames Half Marathon, which is taking place on her birthday, Sunday 29th October 2017.

Space Station CEO Kevin Prince said: "We are delighted to be working with Variety to

help improve the lives of children and young people."

"The fantastic amount raised so far has been achieved through the hard work and determination of all our staff, as well as generous donations from customers and suppliers. With lots more fundraising activities planned for the coming months, it will be exciting to reach our £20,000 goal."

Colleen Ettridge, Head of Fundraising at Variety, said "As we receive no statutory funds we rely entirely on support from individuals, companies, trusts and foundations to continue helping children and young people who are disabled and disadvantaged. We are grateful to Space Station for choosing Variety as its benefiting charity and to its customers for their generosity."

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Brentford man jailed for assaulting women



John Muttitt

area.

He was advised not to enter properties and not to provide any medical advice or comment on any medical queries.

The first incident was reported to the police in July 2013 by the daughter of a woman [Victim 1] who raised concerns about an incident of sexual touching.

The victim, who is partially blind and deaf and has mobility issues, had an arrangement with Muttitt to deliver her medication and he was provided with a key code to access the house.

On this occasion Muttitt entered the victim's house and inappropriately touched her whilst pretending to carry out a medical examination, despite having no experience or the relevant qualifications.

Officers carried out enquiries in relation to this allegation with the pharmacy Muttitt worked for and he was consequently arrested and interviewed.

He admitted to touching the victim when checking her heart but denied allegations of sexual touching and he was subsequently released owing to a lack of evidence.

Two further incidents with almost identical circumstances were reported to police in August 2015.

Still working for the pharmacy, Muttitt had been delivering medicine to the second victim [Victim 2] for a number of months and would often enter her house and talk for up to 30 minutes.

On two occasions the victim, who suffers from Cerebral Palsy, Parkinson's and has a speech impediment and mobility issues, welcomed Muttitt into her home and he inappropriately touched her, taking advantage of her vulner-

ability.

The victim reported the incidents after confiding in her carer and officers arrested Muttitt again for sexual touching. When officers attended the address to take Muttitt into custody, it was established that another victim had disclosed an allegation of sexual touching to the warden against him.

Muttitt's third victim [Victim 3] who suffers from dementia said she was grabbed and kissed while she stood at her door. He was charged with four counts of sexual touching on 16 July 2016.

Officers carried out enquiries with other women Muttitt delivered medication to however no further allegations have been made to police.

PC Ben Lawrence-Smith, from Hounslow Community Safety Unit said: "Muttitt took advantage of the fact that these victims were elderly, vulnerable, and often living alone. Due to having mobility issues the victims used a pharmacy delivery service as a way of obtaining their medication without difficulty and Muttitt abused his position of trust. There may very well be other victims who have yet to come forward. We know that Muttitt was delivering medication to patients in the Hounslow area between 2010 and 2015 and would urge anyone who has yet to come forward to do so."

Anyone with any information is asked to contact police in Hounslow on 101 or via Twitter @MerCC

Alternatively you can contact Crimestoppers on 0800 555 111.



Chiswick Mall open gardens this Sunday

Homeowners in Chiswick Mall will be opening their gardens to the public this coming Sunday as part of the National Garden Scheme. This peaceful riverside setting offers a unique opportunity to see eight gardens open on the same day.

Visitors are invited to explore the hidden secrets of these beautiful private gardens, which offer a variety of styles, shapes and colours. The homeowners look forward to welcoming locals and other visitors to this year's event.

Enjoy tea and cakes, lemonade and homemade ice cream as well as a plant sale and raffle prizes.

National Garden Scheme (NGS): 5 gardens combined entry £8 (or individual entry) 2pm - 6pm

16 Eyot Gardens, St. Peter's Wharf, Swan House, Field House & Longmeadow
www.ngs.org.uk (Chiswick Mall Garden Group)

British Red Cross: 3 gardens combined entry £5, open 2pm - 5pm
Bedford House, Eynham House and Woodroffe House
www.redcross.org.uk/opengardens

Artists at home: Chiswick's Pam Hardenburg

Paul Williams

Chiswick based artist and sculptress Pam Hardenburg is taking part in the annual Artists at Home event. Visitors are invited into the artist's homes to view work and interact with the artist and thier work. Pam will be showing three works, each pulling inspiration from different sources.

The first, 99 Eves, is a collection of female forms. The project is an examination and celebration of the feminine. Inspired by affection for the Venus of Willendorf, the venture asks us to applaud all facets of the feminine.

Pam says, "Eves invite manipulation and much like netsukes, are intended at touch objects. The material, like many primitive female forms, is clay. Eves are figures of the subconscious. They are the result of the energy and feelings I have while they are being created. Some take the form of animals, divas or abstractions. They mirror ancient and contemporary imagery and are both unique and universal."

Individual Eves are available for purchase and all proceeds are donated to the Rosedale Arts Scholarship.

The second exploration is the mile a day dance shape. Inspired by artists such as Richard Long, Andy Goldsworthy, and ancient Maltese spirals, it began as an environmental drawing in a heavy December frost and developed into a path created by me dancing a



Above: '99 Eves'
Bottom left: '100-Mile Dance'
Bottom right: 'Affirmation Labyrinth' created on Pam's studio floor

daily mile.

Pam says of this work, "It is a joyful semi-meditative experience which lightens and informs through reflection, music and movement. Visitors are

invited to dance the path and interact anyway they choose."

The third investigation is the Affirmation Labyrinth created on Pam's studio floor.

About this work, Pam says, "Literally reeling from the unexpected election of America's 45th president, means were sought to counterbalance the news with a positive creation. For the last 3 years, spirals have been a source of inspiration. Research has occurred in Kenya, Switzerland and Malta. The investigations evolved from simple spirals to the grace and majesty of labyrinths. Grounded in the spiral the labyrinth encourages the participant to wander and turn through its magical path finding new ways to use our thoughts and feelings. What better and antidote to current political, social and economic uncertainties than create a labyrinth?"

As a result, through Facebook, Pam asked all her friends, former students and colleagues to send her three words of positivity. "These pyrographed words create the labyrinth walls", says Pam, "and by walking this international compilation of good intention to readdress the negativity and fear that surround our times."

Experience The Path Taken

Artists at Home, Montgomery Road, W4 5LZ - June 16, 6-9 pm, 17 and 18, 11 am - 6 pm

Chiswick RNLI Lifeboat crew rescue rowers

Paul Williams

On Saturday afternoon, 21 May 2016, Chiswick RNLI lifeboat crew were outside Harrods depository when they heard from a passing rowing coach that a rowing eight was pinned by the strong flood tide against houseboats at Dove Pier on Hammersmith Mall.

When they arrived they found the vessel pinned by the tide against two houseboats. The flood tide was very strong and the rowers were unable to extricate themselves.

Helmsman Glen Monroe carefully manoeuvred the lifeboat close to the rowers, and with great skill kept the lifeboat in position, stemming the tide while getting close enough to the rowers to get them on board.

Glen commented: 'We have helped a number of crews in powered and unpowered craft getting caught out by the strong tide sweeping round this bend in the river. Our concern is that if anyone ends up in the water they

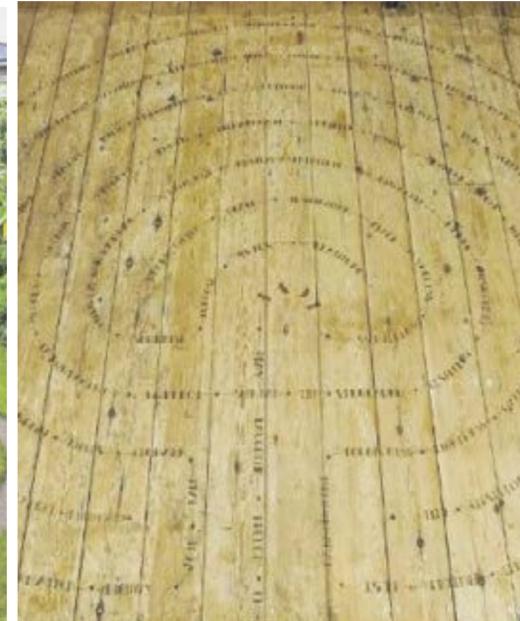
could be swept underneath vessels on the pier and become trapped in the mooring chains or other underwater obstructions.

'We took great care not to disturb the rowers' boat when we approached and managed to get them all on board the lifeboat without anyone getting their feet wet.'

Chiswick RNLI lifeboat is the second busiest in the UK and Ireland; since starting service in 2002, they have attended more than 2,900 incidents and rescued more than 1,500 people.

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Food bank demand due to universal credit delays, says Ruth Cadbury

Ruth Cadbury, the Labour Party candidate for Brentford and Isleworth, took an hour off from canvassing to visit Hounslow Community FoodBox which is based in Brentford.



Ruth Cadbury

Ruth has been a long-term supporter of the FoodBox – she painted the shelves in their store room when it first opened.

Following her recent visit, Ruth said, “Hounslow Community FoodBox provides an invaluable service to people in the community who are unable to afford food and other essential items, primarily due to recent welfare reforms.

term in local schools, as families who rely on school meals to ensure their children eat during the day have to find a way to feed their children when they are not at school.

“The Tory manifesto commitment to scrap free school lunches will create a food and nutrition crisis for some families in this country. Labour will introduce free school meals for every primary school pupil.”

With the increased need seen by Foodbox in recent months, their stock of food is running very low. Items they need to replenish include cereals, bakes beans, tinned vegetables and tea and coffee.

In addition to providing food and essentials, FoodBox provides opportunities for training and work experience, volunteering and offers social activities for those in the community and campaigns for the prevention of malnutrition in children and young people.

“We shouldn’t need foodbanks in 2017, it is an absolute disgrace that in one of the richest countries in the world, people are left without the means to buy food for themselves and their families. Hounslow Community FoodBox and all foodbanks do fantastic work to help our community.”

“The resources of all foodbanks in the area will be stretched even further this week as its half

Details of local foodbanks in Hounslow Borough

<http://fsd.hounslow.gov.uk/kb5/hounslow/fsd/service.page?id=AuGNJunkk8>

Ruth Cadbury on Facebook - <https://www.facebook.com/RuthCadburywin2017/videos/1403510176362825/>

Full list of items needed by Hounslow Community FoodBox to help people who use their services:

- UHT Milk/Powder/Tin
- Tea/coffee
- Sugar
- Squash
- Tinned fruit
- Baked beans
- Pasta sauce
- Pasta/rice (they have a good supply of this at the moment)
- Cooking sauces
- Tinned vegetables
- Tinned pasta
- Meat tinned
- Fish tinned
- Potatoes (tinned or mash)

- Pulses/chick peas
- Cereal
- Tinned tomatoes
- Tinned/packet soup
- Biscuits

Extras:

- Jam/preserves/spreads
- Rice pudding/custard
- Bread/wraps
- Pot/instant noodles
- Cake mix
- Flour
- Batter mix
- Stuffing mix
- Gravy/stock
- Sauces (brown/ketchup/salad cream)
- Chutney
- Crisps/popcorn/nuts

Non-food items

- Toiletries (pretty much anything)
- Sanitary protection
- Nappies
- Baby food/milk
- Cleaning materials

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EU Flight Compensation Scheme must remain, says local Lib Dem

Paul Williams

Liberal Democrats are pointing out the scheme that allows passengers to claim compensation could be put at risk due to the Tory extreme Brexit.

It comes after Chief Executive of British Airways, Alex Cruz, said he is "profusely" sorry for an IT meltdown he revealed has disrupted 75,000 passengers' flights.

Currently, if you're delayed by more than three hours or your flight is cancelled, under EU rule 261/2004 you are often entitled to between £110 and £520 in compensation

What happens next all hinges on the terms of the Great Repeal Bill which was being introduced before the election to overturn the European Communities Act, which took Britain into what was then the Common Market.

It would be open for MPs to either accept EU 261 as it stands or rewrite the regulations.

In October 2016 a spokesman for Bott & Co solicitors said: "A lot of the protection under the regulation comes from ECJ case law which courts in England and Wales must follow. Should the ECJ no longer



The BA IT outage has caused misery for travellers

have jurisdiction there is a real risk that passengers may have the cover of the regulation, but not the cover of some of the very important case law – the right to compensation after three hours comes from case law rather than the regulation for example"

Commenting, Liberal Democrat Parliamentary Candidate for Brentford and Isleworth, Joe Bourke said: "Let's spare a thought for the thousands of desperate passengers stranded at Heathrow and Gatwick and sleeping on yoga mats over the bank holiday weekend."

"The UK airline and package holiday compensation schemes are derived from the EU Package Travel Directive. If the government decides to water down these regulations or create a Conservative version of them in the Great Repeal Bill, that will not bode well for the travelling public.

"The decisions the Tories are making on Brexit will hit people in the pocket and will erode their rights and protections."

Mary Macleod welcomes Conservative Party manifesto

Conservative candidate for Brentford and Isleworth has welcomed the Conservative Party Manifesto saying it provides a national plan for a better and stronger economy, better services and better communities.

The former MP for said, "The Conservative Party manifesto identifies the major challenges facing our nation and skillfully blends policies that will benefit all of us though a prosperous economy, better services and a stronger community.

"The biggest challenge facing us all is the negotiations with the EU, and the manifesto identifies the approach the country needs to take to build a stronger, fairer more prosperous Britain.

"The success of our economy after Brexit will determine our ability to continue the investment in the NHS, schools and other services. The manifesto sets out how this prosperity will be delivered while also detailing plans for an increased investment of £8 billion into the NHS and £4 billion into schools in real terms. But alongside the investment, the manifesto provides the long-term blue-print for how we must

adapt to an ageing population and manage social care so it continues to be available to all and affordable to the nation.

"It is a manifesto that is tough on crime and sets out measures, for example, for the reduction in re-offending while also protecting us from new forms of digital crime that increasingly plague us. It is also rightly tough on protecting the NHS with plans to protect it from the abuse of health tourism.

"The manifesto also deals with issues that are personally important to me. On women's issues, it seeks to end the gender pay-gap while also pledging investment for more shelters for victims of domestic violence. It outlines plans to tackle air pollution and to improve our environment - issues that are extremely important here in West London. And for our businesses, it sets out an approach to encourage the fast-growing businesses that are so important to our future.

"In all, the manifesto provides a national plan for a stronger economy, better services and safe and thriving communities."

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Extra police patrolling borough after Manchester attack

Councillor Steve Curran, Leader of Hounslow Council has confirmed that extra Police will be patrolling the Borough of Hounslow in the wake of the horrendous attack in Manchester.

Cllr Curran said, "Following our statement this morning [Tuesday] I would like to again reassure residents, that the council is working closely with the Metropolitan Police during this difficult time.

"I spoke to Raj Kohli, Hounslow Police's Borough Commander earlier today and he has informed me that there are extra visible police officers on patrol across Hounslow. Residents should remain calm but vigilant at all times.

"If you see anything that causes you concern or raises your suspicions, please don't hesitate to call the Counter Terrorism Policing number: 0800 789 321 - or in an emergency 999.

"Once again, we send our sincere condolences to the people of Manchester and particularly to the family and friends of those killed and injured.

"Flags at the Civic Centre have been flying at half-mast today as a mark of respect and we will be holding a minute's silence at the Annual Meeting of the Council/Borough Council this evening to remember victims of this horrific attack."

Tom Hardy sets up Justgiving page in aid of Manchester attack victims

JustGiving has verified that Hollywood star Tom Hardy has launched a Just-Giving page following the terror attack in Manchester on Monday 22nd May.

The 39-year-old actor who lives in Richmond wrote on the JustGiving page: "I am hoping to raise money for The British Red Cross Society because the families and children will need support."

The page is raising money for the British Red Cross and has already raised over £17,750, surpassing his original £15,000 target.

This helps bring the total amount raised, so far, for victims and their families (from all 150 JustGiving pages) to over £2million.

He added: "What happened at the AG [Ariana Grande] concert in Manchester was a tragedy; families and children attacked and murdered; in a place where they should be safe and enjoying a concert - it is an inconceivable atrocity.

"There is no bringing back those who have been lost, pointlessly, in such a cowardly and brutal fashion. I am truly saddened by what I have witnessed and there is no doubt that Terrorism is an evil thing.

"I hope that between us we can raise



Tom Hardy

some funds as a gesture of goodwill and love to help in some small way towards repairing some of the damage done...

"There will be much to do and for many the beginning of a new life without those that they love and also a new life damaged irrevocably by the actions of a crime which has no reason, no heartfelt purpose but was simply a cruel cowardly and barbaric, meaningless act of violence.

"Terrorism is abhorrent, the killing of innocent families and children unacceptable. And it is with those, the innocent victims and the witnesses of this atrocity that my heartfelt concern and deepest sympathy lies. Please help however you can. Thankyou."

Tom's post concluded: "Donating through JustGiving is simple, fast and totally secure. Your details are safe with JustGiving - they'll never sell them on or send unwanted emails. Once you donate, they'll send your money directly to the charity. So it's the most efficient way to donate - saving time and cutting costs for the charity."

An outpouring of unity and support has seen over 150 JustGiving crowd-funding pages created to raise money to help those affected, including a JustGiving page set up by the Manchester Evening News which has now raised over £1,270,000 alone from over 41,000 supporters.

Rhys Goode, spokesperson for JustGiv-

ing, said: "Following this devastating and cowardly attack, it speaks volumes that the people of Manchester and across the UK have rallied to support the victims, their families and friends in their hour of need. This shows just how strong people's resolve is not to be cowed in the face of terror."

The British Red Cross in association with We Love MCR, the Lord Mayor of Manchester's charity have also established the Manchester Emergency JustGivingFund which has also raised over £763,000 which means that over £2 million has already been raised in total to support the victims and their families. JustGiving also donated £50,000 to this appeal.

JustGiving saw 10 times the normal volume of traffic on the site and at one point had 33000 people active at the same time - reaching six donations a second. This has more than doubled the site's previous record for people on the platform at one time.

<https://www.justgiving.com/crowdfunding/categories/emergencies/manchester-terrorist-attack>

<https://www.justgiving.com/fundraising/Tom-Hardy5>

Chiswick based Pernod Ricard UK volunteer for the community



LAST THURSDAY, 280 Pernod Ricard staff at its UK headquarters in Chiswick rolled up their sleeves for a day of volunteering, supporting community partners across London in a diverse range of activities such as, rejuvenating a community

farm in Kentish Town and clearing a nature reserve in Hounslow. Forming part of the company's global initiative, 18,500 employees spent a day away from their daily tasks to support their local communities through more than 100 initia-

tives worldwide.

The aim was to encourage employees to spread the company's values of conviviality, good company and create social spaces for those who need them most. Amongst other projects teams renovated Kentish Town City Farm and maintained a pony centre for children with learning and physical disabilities in White City. On top of this, for the first-time, the company opened the doors of its head office in Chiswick Park to run employability workshops, which provided career advice, mentoring, CV support and mock interview role plays for those struggling to find work in the Chiswick

community.

Laurent Pillet, Managing Director, Pernod Ricard UK, said, "We're incredibly proud of this initiative and how it's become such an ingrained and valued part of our business. Responsib'All Day allows us to maintain the positive relationships we have grown over the past seven years and develop wider connections to ensure we have the greatest impact on the projects we support. Our focus was to share our conviviality and utilise the expertise every member of our team possesses, in order to generate rewarding results outside the parameters of our business."

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Major detour for 94 bus due to resurfacing works



The 94 bus that operates from Chiswick, Acton Green to Piccadilly Circus/George Street, is currently subject to a major detour due to resurfacing work in Lancaster Gate.

Passengers are advised to leave an hour earlier or use alternative transport to reach their central London destination.

Full details: In May and June, buses in the Lancaster Gate

will be delayed, diverted or stop short of their normal destinations. Some bus stops will be closed.

Route 94 until Friday 26 May 23:00: diverted westbound via Edgware Road and Bishops Bridge Road and diverted eastbound via Bishops Bridge Road, Eastbourne Terrace & Westbourne Street, not serving Lancaster Gate station. This is due to resurfacing works in the Lancaster Gate area.



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Recycling collections are changing in Chiswick

Paul Williams

There is just a week to go until the Council starts delivering new recycling boxes to all houses in the borough. The deliveries of the boxes will take place between 5 and 30 June.

Once residents have taken delivery of their boxes they will receive a weekly recycling collection the following week.

Hounslow Council needs residents' help to recycle food waste, plastics, cans, paper, card and glass bottles as much as possible.

To help increase recycling and reduce waste the Council will:
Collect all recycling (including plastics) every week
Continue to collect food waste every week

While 31 per cent of the borough's waste is recycled each year, £1.3 million a year in landfill costs could be saved if that recycling figure could increase to 50 per cent.

To help residents hit the 50 per cent target, the Council is giving every house in the borough the following:

A new red recycling box for plastics and cans
A new blue recycling box for paper and card along with a box net to use as a cover on windy days
A roll of 52 biodegradable bags for food waste.



Creating compost out of food waste is proving a popular alternative to recycling

Information leaflets explaining the collection changes and how residents should use the new recycling boxes have already been sent out to all residents who live in houses.

Another more detailed Recycling Refresh leaflet will be posted through house letterboxes at the same time as the new recycling boxes are delivered to those houses, between Monday 5 June and Friday 30 June.

All other rubbish, in black wheelie bins, will be collected every fortnight starting from Monday 10 July 2017.

For information on the new service visit www.hounslow.gov.uk/recyclingrefresh

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Fuller's wins SWA Pub Wine Merchant of the Year

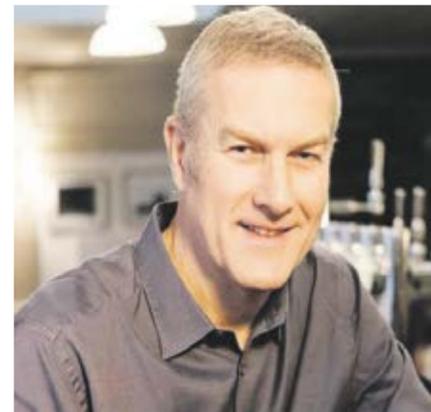
Chiswick based Fuller, Smith & Turner PLC, the London brewer and premium pub company, is delighted to announce that it has picked up the award for Pub Wine Merchant of the Year at the 2017 Sommelier Wine Awards.

It is the first time the Company has entered and, of the 51 wines entered by Fuller's in the competition, 29 picked up medals with a further 11 receiving commendations.

In addition to six gold medals, Fuller's also received a trophy for its La Capitana Carmenera, a delicious, medium-bodied, barrel reserve red from Cachapoal in Chile.

The competition involves a blind tasting by several industry experts and is widely recognised across the UK and the wider global wine industry.

Head of Wine, Neil Bruce, said "We have spent the last two years working with our suppliers to create a wine portfolio that is interesting for a very broad audience - and picking up so many medals is great recognition for that portfolio. I've got a new team in place, with a great set of skills and ideas and now we have a number of award-winning wines to take to



Neil Bruce, Head Of Wine At Fullers

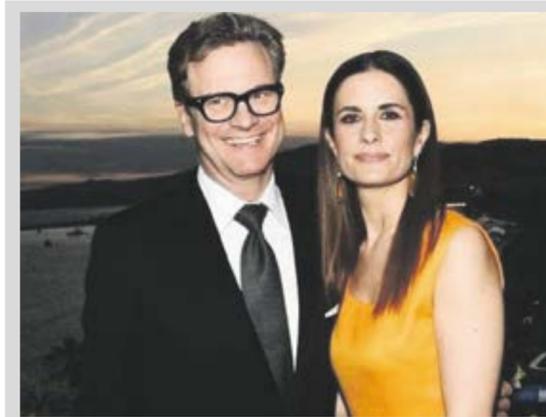
the market.

"Consumers - whether in our own pubs or in one of our free trade customers - are looking for choice and quality and a wine to fit the venue and the occasion. It is our job to make sure that happens. In the past, wine has traditionally been pushed on customers by agency distributors, rather than using a more consumer facing approach.

"We are turning that on its head by starting with the ideal wine list for our customer and, in turn, their consumers and finding the wines that fit

that criteria. For example, we have two French Pinot Noirs - but there subtle differences in flavour and a difference in the appearance of the bottle, making them suited to different types of venue, occasion and consumer.

"While it is a real achievement to pick up the title of SWA Pub Wine Merchant of the Year, it would not be possible without the wines from the amazing suppliers we work with. We deal direct wherever possible and this partnership approach has resulted in Fuller's being able to offer our current, award winning wine portfolio."



Colin Firth applies for Italian citizenship

Oscar winning actor and Chiswick resident Colin Firth is applying for Italian citizenship. The 56-year-old actor has spoken publicly of his dismay at the Brexit vote, telling an Austrian newspaper last year that it was "a disaster of unexpected proportions".

His agent said the decision to apply for an Italian passport at the Italian embassy in London was to do with family reasons and declined to say whether it had anything to do with Brexit.

Mr Firth's wife, film producer Livia Giuggioli, 47, is Italian and the couple have a house near the town of Città della Pieve in Umbria. "Colin applied for dual citizenship (British and Italian) in order to have

the same passports as his wife and children," the agent told The Daily Telegraph.

Both Britain and Italy allow dual citizenship and Mr Firth, who lives in Bedford Park will be able to keep his British passport.

He married Ms Giuggioli in 1997 and they have two sons, Luca, 16, and Matteo, 13.

Since the Brexit decision, there has been a flood of Britons seeking to obtain dual citizenship of other EU countries, in particular Ireland. Up to six million could be eligible. Any Briton born in the Irish Republic or Northern Ireland, or with an Irish parent or grandparent, is entitled to an Irish passport.

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Hounslow Green Party

Hounslow Green Party candidate, Diane Scott, is standing aside in this election following a close vote in a ballot of local members, in favour of supporting a progressive alliance with the Labour candidate, Ruth Cadbury.

Diane said: "This is a very close seat where the Labour majority in 2015 was only 465; the Green Party vote was 2,120. By standing aside in this election the Green Party can be a real catalyst for change. Working in a progressive alliance with Labour's Ruth Cadbury, we can help stop a Tory landslide. We don't want to see a brutally extreme Brexit with a weakening of hard won environmental and other protections. We want strong action against climate change and a fair society with security for all. We have got important commitments from Ruth on proportional representation and the environment and we are working with her to promote our shared values."

"We don't always agree with Labour, or the Lib Dems, but we do have a lot in common. We are all 'progressive' parties who believe that social justice and equality make a society worth living in. The progressive alliance movement is fighting the Tories, and it also campaigns for a different kind of politics, where parties work together in parliament and on local councils; where the needs of ordinary people are more important than the politicians. We want to work together. We need to change the voting system. In 2015 a million people voted Green and we got one MP. With a fairer system we would have got 6!"

The Green Party is working hard, campaigning in Brentford, Chiswick and Hounslow with market stalls, leafletting and canvassing local voters. Diane said: "We have had a really positive response from most everyone we have talked to. The idea of a progressive alliance is very popular and people really respect that we have stood aside for what we believe is the greater good for us all. It is a pity that the Liberal Democrat candidate didn't do the same – he stands no chance of winning in this election and votes for him and not Ruth make a Conservative victory more likely."



"I am proud to be a member of the Green Party. Nationally the Green Party is standing up for what matters:

- Fair rents and new homes for rents people can afford
- An economy that works for everyone

- A properly funded NHS
- No more tuition fees
- A referendum on Brexit
- Tackling climate change through renewable energy
- Clean air

- Locally we are campaigning to:
 - Stop the 3rd runway at Heathrow

- Cut dangerous air pollution from cars & trucks
- Encourage cycling, walking and better transport
- Stop unaffordable new housing developments and support good housing for all
- Protect green spaces"

The Liberal Democrat Manifesto

The Liberal Democrats plan for Britain includes reversing Conservative cuts and properly funding the NHS, Schools and Police. We will also give people a chance to change Britain's future by holding a referendum on the final Brexit deal, with an option to remain in the EU if the public consider that to be the best choice.

The Liberal Democrats will introduce a 1p rise on the basic, higher, additional and dividend rates of income tax raising around £6bn per year, which will be ring-fenced to be spent on NHS, care services and public health. We will invest £7bn in our schools and colleges over the next parliament, to ensure no school, and no child loses out.

The commitment is funded by restoring corporation tax to a 20% rate. An extra £300m a year will go into policing to reverse the rise in violent crime and boost community policing

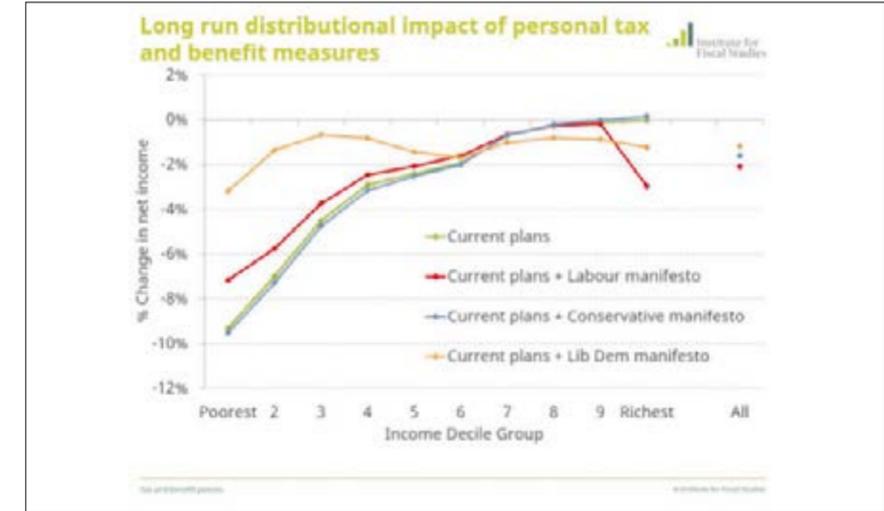
Other key policies in the Liberal Democrat manifesto include plans for a £100bn infrastructure fund to help build 300,000 homes a year, improve road and rail links and install fibre-optic broadband across the country.

Liberal Democrat candidate Joe Bourke said:

"These plans would build a brighter future for people in Brentford and Isleworth and reverse Conservative cuts to our schools, hospitals and police. We want to build a fairer Britain, with good schools and hospitals, a clean environment and an innovative economy.

"I, on behalf of all members of Hounslow Green Party, would like to thank all those who have voted for us in the past. I am sorry that we have not given you the opportunity to vote Green in this election. It is a one-off tactical decision to make sure that in the future we get a fairer voting system and are able to work towards a fairer, more equitable society."

We will build an economy that works for the long term: prosperous, green, and fair. We will create a new 'start-up allowance' to help budding entrepreneurs, aim to double the number of businesses which hire apprentices and



support investment in renewable energy."

The Institute of fiscal studies analysis of the main party manifestos has branded the Conservative and Labour costings as undeliverable. As the graph below shows the impact of personal tax

and benefit measures proposed by both of these parties is a catastrophic loss of income for the very poorest in society.

Brentford and Isleworth

The House magazine is Parliaments weekly publication. Last week's edition featured Brentford and Isleworth as one of 50 key marginal seats noting that "the inner-city and more industrial Hounslow has traditionally voted Labour, while the more affluent Chiswick and Turnham Green has traditionally voted Conservative." The planned boundary changes will drop three of the traditional labour wards and replace them with two Liberal Democrat and Conservative facing wards in the future, changing the profile of the constituency.

Like the oft used explanation of game theory – The Prisoners dilemma – this kind of tactical voting is an example that shows why two completely "rational" individuals might not cooperate, even if it appears that it is in their best interests to do so.

The answer to the dilemma lies with the equilibrium theory developed by the late Nobel Prize winning mathematician John Nash. By both Conservatives remain voters and former Labour Voters voting LibDem both can achieve the outcome that each seeks i.e. neither a Labour nor Conservative MP and a representative in Westminster advocating a Liberal Democrat manifesto. By voting tactically for a Conservative or Labour platform that neither wants, both will be disappointed.

Much has changed in the past two years as these former Lib Dem voters have seen what a hard-core conservative government looks like without the moderating influence of Liberal Democrat ministers; and recoiled in horror as the Labour party has been infiltrated by entryists. Similarly, traditional Conservative voters in Chiswick, Osterley and other areas of the constituency have looked on in dismay as the Government rushes headlong for a disastrous Brexit that would cut us off from

our major markets in Europe.

Our canvassing and doorstep feedback indicates that Liberal Democrats will attract both former Conservative and Labour voters in equal numbers. The hurdle we have to overcome is so called tactical voting, where voters wishing to vote for the pragmatic, fully costed and optimistic Liberal Democrat manifesto hold back for fear that voting LibDem may allow one of the other main parties to slip in.

Vote Joe Bourke, Liberal Democrat on June 8th for a Win-Win outcome.

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Ruth Cadbury, Labour's parliamentary candidate for Brentford and Isleworth

Since I was elected as MP for Brentford and Isleworth in 2015, I've been working hard to represent everyone living here, a community I served as a councillor for more than 20 years prior to my election to parliament and where I have lived for more than 30 years.

Every day I see the negative impact Tory government policies have on people in this area - on education, on NHS and social care services, on the number of people using local foodbanks. The Conservatives support Heathrow expansion, which will add to the already dangerous levels of air pollution causing thousands of premature deaths in London. And the Prime Minister's approach to a hard Brexit will cause untold damage to the economy.

The European Union

I campaigned for Remain, Brentford & Isleworth voted 60% to remain. For the sake of our national and local economy, our rights at work and as consumers, our environment, for EU citizens living and working here and because so many constituents asked me to, I voted against triggering Article 50.

The Prime Minister's approach to

Brexit is reckless. Labour recognises that leaving the EU with 'no deal' is the worst possible outcome for Britain causing so much damage to our economy and trade.

For a successful outcome to the negotiations, we must seek to unite the country around a deal that works for every community. Starting with fresh negotiating priorities, Keir Starmer, Labour's Shadow Brexit Secretary, will focus on retaining the benefits of the Single Market and the Customs Union - which are essential for maintaining industries, jobs and businesses. Labour will guarantee existing rights for all EU nationals living in Britain and secure reciprocal rights for UK citizens who have chosen to make their lives in EU countries.

Heathrow

Heathrow supports thousands of jobs and businesses in our community and I want it to continue to do so. But another runway with a 50% increase in flights is a price too high. I have been assiduous in challenging the Government on its impact here.

With a third runway, the whole of this constituency will increasingly

Labour's Ruth Cadbury with Shadow Health Secretary Jonathan Ashworth outside Charing Cross Hospital



unacceptably high noise levels, the impact on air quality will be devastating. I am firmly committed to improving the UK's connections with the rest of the world and to creating better transport links within the UK. But the cost, the safety risk and the impact on our communities doesn't justify the marginal economic benefit that expansion is alleged to bring. There are better solutions to the UK's aviation capacity problems. I want less noise and air pollution and I want Heathrow to be better, not bigger.

Education Schools will have to make £3 billion worth of savings by 2020S, spending

on education fell by 14 per cent in real terms between 2010 and 2016. In this constituency, cuts will be more than £5.1m. www.schoolcuts.org.uk has detailed information on how much will be cut from every school.

Labour's manifesto sets out plans to:

- Reduce primary class sizes to less than 30.
- Scrap University tuition fees
- Introduce free school meals for all primary school children
- Tackle the teacher recruitment and retention crisis by ending the public-sector pay cap, giving teachers more direct involvement in the curriculum.

The NHS

All the improvements in waiting times achieved during the Labour government have now been reversed in the seven years since the Tories came to power.

Labour's manifesto includes commitments to:

- Halt the Tories' programme of hospital closures, including the proposals to down-grade A&E at Charing Cross.
- Give social care and the NHS the money it needs and put forward a long-term plan for the future of our

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Voters urged to be on alert to the risk of electoral fraud

NHS and social care system.
 • Restore NHS bursaries
 • Lift the 1% pay cap which is holding NHS wages below inflation, causing a recruitment crisis.

A local voice standing up for local people

My record shows I am someone who will listen to and act on your concerns. During the last two years, I have spoken in parliament to highlight the concerns of many constituents, I have responded to more than 20,000 requests for help and support - the same amount as my predecessor in her five years in parliament. My Conservative opponent will not speak out on the impact of bad Tory policies on local people, when she was the MP from 2010-15, she voted to raise tuition fees to £9000, to cut the subsidy for electricity generated by renewables, for privatising the Royal Mail and against restricting privatisation of the NHS.

The election in Brentford & Isleworth constituency will be really close, I am asking for your support to be re-elected as your local representative so I can continue to work on behalf of and represent everyone in this community.

Independent charity Crimestoppers and the Electoral Commission are calling on the public to be aware of the threat of electoral fraud, as the UK prepares for a General Election on Thursday 8 June.

The three-week campaign, which is launching today, highlights the tell-tale signs of electoral fraud. This includes intimidating or bribing voters, stealing postal or proxy votes, voting as someone else, tampering with ballot papers or postal ballot packs, or asking someone to reveal their marked ballot paper.

During 2016, police forces across the UK recorded a total of 260 alleged electoral fraud allegations. This resulted in 2 convictions and 6 people being cautioned.

Mark Hallas, CEO of charity Crimestoppers, said: "Electoral fraud damages the UK's tradition of free and fair elections, which is respected across the world. Incidents of people trying to unduly or illegally influence or rig the outcome of a ballot - or simply not playing by the rules - un-

dermines the public's trust and is a crime, which is why our independent charity is here to take information on electoral fraud anonymously. "To ensure the election is conducted to the highest standards, Crimestoppers is working closely with the Electoral Commission and police who take voting offences extremely seriously. Anyone with information can contact us 100% anonymously on 0800 555 111 or use our non-traceable online form at Crimestoppers-uk.org"

- Electoral fraud offences include:
- Influencing voters through intimidation or threats
 - Influencing voters through bribery or 'treating' with gifts
 - Pretending to be someone else to use their vote (personation)
 - False application to register to vote
 - False application for proxy or postal vote
 - Tampering with ballot papers or postal ballot packs.
 - Failing to mark election material with the details of the printer and

party candidate responsible
 • Making false statements about candidates

Crimestoppers and the Electoral Commission have been working together since 2015 when they joined forces to raise public awareness and encourage people to report their suspicions at the General Election.

Tom Hawthorn, Head of Policy for the Electoral Commission, said: "It is important that when voters go to the polls on 8 June, they are confident the police and prosecuting authorities take allegations of electoral fraud seriously. Significant sentences will be imposed when electoral law is broken, and those responsible for electoral fraud can face jail. We are pleased to be working in partnership with Crimestoppers to raise public awareness of this.

"Voters should be confident that they can report any concerns about electoral fraud. Anyone who has evidence that an electoral offence has been committed should contact the police immediately or report it anon-

ymously through the Crimestoppers website or 0800 555 111."

The campaign includes a schedule of posts on Facebook and Twitter designed to improve the public's understanding of what constitutes electoral fraud and offer available options in terms of reporting any concerns. Returning Officers across the United Kingdom will also be provided with campaign posters to be positioned in polling station on the day of the election.

Electoral fraud can be reported anonymously to Crimestoppers through the charity's 0800 555 111 number or Anonymous Online Form at Crimestoppers-uk.org

Members of the public can also report to their local police by calling 101 or they can speak to their local council's Returning Officer.

For more information, visit crimestoppers-uk.org/electoral-fraud.

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We have an important choice to make at the General Election on Thursday 8th June.

Just 11 days after the election, the Brexit negotiations with the EU will start. Whether you voted to leave or remain, our future both locally and nationally depends on getting the best possible deal for Britain and for each of us.

Having spent more than twenty years working in business, together with five years representing our area and working with ministers and civil servants, I believe I am well placed to represent our area and will work with Theresa May to make Brexit a success for us.

I have walked every street of this constituency and spoken to many thousands of residents as well as local businesses, charities, schools and other organisations to understand your priorities. That's why I have set out a plan that will deliver more affordable housing, support the creation and growth of businesses locally, and build the right skills for the future. It's why I will deliver a strategic transport approach to build a transport infrastructure that's up to the job, and work to stop the deterioration of air quality.

It's why I will continue to work to ad-

dress anti-social behavior, knife crime, domestic violence and other crimes. And it's why I will initiate a new mental health partnership approach, bringing together health professionals, local businesses and residents to share best practice and support each other.

Giving our young people the best start in life must be our top priority. That's why I wholeheartedly support Theresa May's decision to ensure that no school has its budget cut as a result of the new funding formula. I want to make 100% of our schools either "Good" or "Outstanding" in their Ofsted review by working closely with local schools, the Council and education professionals. Our schools are already performing well but I believe that we can make them even better.

But the truth is unless we get the EU negotiations right, all of this is at risk.

Whether it's educating our children, securing jobs for the future, or looking after the elderly and those whose need our care and support, everything depends on a strong economy after Brexit. And that's why this election is not just about who is best to deliver for our area - it's about who we want to lead this country and be our Prime Minister.

I have known and worked with The-



Interview - Mary Macleod

As Theresa May's candidate, I pledge to you that I will do everything I can to make Brexit a success for our local and national economy.

resa May for more than ten years and she has visited this area with me on several occasions. Not only does she respect what the British people voted for at the referendum, but she also has the plan and the determination to deliver. I know that she is the best person to stand up for our country and get the best possible deal with the EU. Jeremy Corbyn, on the other hand, seems prepared to accept whatever deal the EU gives us and threatens to ruin our economy with his implausible spending policies. His defence policies would also have a severe impact on our national security at a time when we need it most. Barely 12 months ago my Labour opponent, along with 171 other Labour MPs, voted to get rid of

Jeremy Corbyn after concluding that he was not "a Prime Minister in waiting". If the Labour candidate locally at this election doesn't even have confidence in her leader then how on earth can he be trusted to negotiate the most important deal in our lifetime on behalf of you and your family?

As Theresa May's candidate, I pledge to you that I will do everything I can to make Brexit a success for our local and national economy.

I stand by my track record as your MP between 2010 and 2015 when unemployment fell by 38%, crime reduced by 16%, hundreds of new businesses were created, four new schools were

approved and I dealt with over 21,000 individual resident's concerns and met over 700 local organisations.

On Thursday 8th June we don't have to take the risk. We can choose to support Theresa May's strong leadership that will secure our economy and see our area and our country through Brexit and beyond. And you can choose to have a strong voice in Parliament representing your views by voting for me, Mary Macleod, on the 8th June.

I hope I will have the privilege to represent you again and I promise to work hard for every resident should I be given that honour to serve you.

Hounslow council announces new mayor

Councillor Sue Sampson, ward member for Isleworth, has been elected Mayor of Hounslow for the municipal year 2017/18.

Councillor Mukesh Malhotra, ward member for Hounslow Heath is the new Deputy Mayor

The appointments were made at the annual meeting of the council on Tuesday.

Speaking after her election to the office of Mayor for the next 12 months, Cllr Sampson said: "I am extremely honoured to be elected Mayor of Hounslow and can't wait to meet as many people as possible who make up all the wonderful communities we have here. "I am looking forward to visiting many places, and helping and supporting the causes and events that mean so much to all our residents.

"It is a great privilege to serve as Mayor of Hounslow and I am committed to representing our vibrant borough and everything it stands for with pride".

As Mayor of Hounslow, Cllr Sampson's chosen charities for the year are

Refuge www.refuge.org.uk and the Pink Ribbon Foundation www.fcancer.org

Cllr Malhotra is looking forward to taking up his ceremonial role in Hounslow.

A minute's silence was held at the meeting as a mark of respect to those who died and were injured in the Manchester terror attack.

As well as the election of the mayor, there was also the cabinet make-up for 2017/18.

The new faces are: Councillor Candice Atterton, ward councillor for Hanworth ward, who takes over the portfolio of Jobs, Skills and Opportunities.

Councillor Hanif Khan, ward councillor for Hanworth Park, takes up the portfolio of Community Protection and Enforcement.

Councillor Samia Chaudhary, ward councillor for Hanworth, has the portfolio for Green Policy and Leisure.

For a full list of the cabinet for 2017/18 and changes to portfolios visit www.hounslow.gov.uk/cabinet



Mayor of Hounslow for 2017/18 Cllr Sue Sampson

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Councillor Sam Hearn elected new leader of Hounslow Conservatives



Councillor Sam Hearn

CONSERVATIVE COUNCILLOR Sam Hearn of Chiswick Riverside Ward has been elected the new Leader of the Hounslow Conservative Group of Councillors.

The Group held their Annual General Meeting on 25th May to elect officers for the final year of the 2014-2018 Hounslow Borough Council.

Speaking after the meeting, Councillor Thompson said, "After many years as Leader of the Hounslow Conservative Group, I feel it is time to hand over the reins to someone else and see the Group through the 2018 Hounslow Council elections."

He added, "It has been an enormous privilege to lead the group, with one small break, since 2000 and serve as the Leader of Hounslow Council between 2006 and 2010. When we ran the Council, I was proud that we were one of the handful of Councils that froze the Council Tax well before this became the norm. More importantly, we made much needed efficiency savings and notable improvements to our parks and open spaces and leisure facilities.

"I would like to take this opportunity to thank Conservative Group members, past and present, for their continued support over all these years, which I have much appreciated. The Group has stood firm in the face of challenging times and we have always held the Labour run Council to account for their decision and scored some victories along the way.

"Now it's time for a new chapter to open and I wish my successor, Councillor Sam Hearn, every success in his new role. He will be greatly supported by his colleagues and I know will fight to win in

2018."

Apart from elections, the Annual General Meeting also met to discuss the past twelve months of Council business as well as Group business and also, the upcoming 2018 Local Elections.

After the meeting the new Leader commented, "Firstly, I would like to pay tribute to Councillor Peter Thompson and his leadership of the conservative group throughout the past five years. I know he is a family man through and through and juggling family life, work and politics has not always been easy. However, Peter is dedicated to his ward of Turnham Green and has always put residents first. I will continue to value his advice and counsel as I begin my new role as Leader.

"Looking ahead, we have the General Election to see through and then crucially, the local elections in May 2018. Our team will now fine tune our manifesto and then share it with the residents of this very diverse borough. The arrangements for selecting and electing candidates to stand in next year's local elections are at an advanced stage".

River Thames fatalities: RNLI says 'Fight your instincts, not the water'

Chiswick Lifeboat is the second busiest in the UK, and with the weather looking great over the next few days, the RNLI is warning the public to avoid the temptation to take a dip in the Thames.

New research commissioned by the RNLI has revealed that more than half (53%) of Londoners would follow a potentially life-threatening instinct if they fell unexpectedly into water.

The RNLI is now calling on the public to fight their instincts and remember one simple action – floating – that could save lives from drowning.

Meanwhile, fatality figures released today by the RNLI show 42 people accidentally lost their lives along the tidal reaches of the River Thames over the past five years, and 40% of those didn't even intend to enter the water.

Sudden immersion in cold water puts these people at severe risk of suffering cold water shock, which triggers the instinctive but life-threatening reaction to gasp uncontrollably and swim hard, which can quickly lead to drowning.

Research commissioned by the RNLI shows over half of people in London would follow this potentially life-threatening instinct if they fell into water, with 40% of respondents saying their immediate reaction would be to swim, while 2% said they would panic – two of the instinctive responses the RNLI is urging people to fight. Others said they would do nothing (5%); remove clothing (4%), and 2% said they would not know what to do.

As the RNLI's national drowning prevention campaign Respect the Water enters its fourth year, the charity is calling on the public to fight their instincts and remember one core survival action of floating, until the effects of cold water shock pass and they can catch their breath, before then trying to swim to safety or calling for help.

With nearly three-quarters (74%) of Londoners saying they visit the coast at

least once a year, the RNLI is urging them to remember this advice – whether they're along the River Thames or by the sea.

Overall, just over a fifth (21%) of respondents in London alluded to a recommended first course of action, with just 7% knowing specifically to float (4%) or tread water (3%). Others said they would stay calm (10%); look for something to hold on to (1%); wait for the shock to pass (1%); catch their breath (1%) or relax (1%).

Mike Tipton, Professor of Human and Applied Physiology at the University of Portsmouth, explained: "We often rely on our instincts but our instinctive response to sudden immersion in cold water – gasping, thrashing and swimming hard – is potentially a killer. It increases chances of water entering your lungs, increases the strain on your heart, cools the skin further and helps air escape from any clothing, which then reduces buoyancy.

"Although it's counter-intuitive, the best immediate course of action in that situation is to fight your instinct and try to float or rest, just for a short time. The effects of cold water shock will pass quite quickly, within 60-90 seconds. Floating for this short time will let you regain control of your breathing and your survival chances will greatly increase.

"Floating is not an easy skill in cold open water but most people can float, and the air trapped in their clothes as they fall in should make it easier. As little exercise as necessary can be undertaken to help stay afloat. The recommended floating position is to lean back in the water and keep your airway clear. Keeping calm will help maintain buoyancy. Some people find it helpful to gently scull with their hands and kick their feet to keep afloat.

"The main principle is to do as little as possible until you have control of your breathing. At this point you have a much better chance of avoiding drown-

ing and surviving until you can swim to safety, call for help, or continue to float until help arrives."

Guy Addington, RNLI Community Safety Partner for London, said: "The RNLI's volunteer lifeboat crews and lifeguards saved hundreds of people from near-fatal incidents in 2016 and rescued thousands more but, sadly, they aren't able to reach everyone. If people in danger in the water can help themselves initially by floating and regaining control of their breathing, they stand a much greater chance of surviving.

"Through our Respect the Water campaign, we want to start a national conversation about water safety. We're asking the public to remember this life-saving advice, share with others and practice the survival skill of floating – it could be the difference between life and death.

"For those who are planning to go into the water, the best way to stay safe is to choose a lifeguarded beach and swim between the red and yellow flags, which is the area most closely monitored by the lifeguards. And if you see someone else in danger in the water, fight your instinct to go in and try to rescue them yourself – instead call 999 and ask for the Coastguard."

The campaign is targeted at adult men, who account for a staggering 79% of the fatalities over the past five years in the tidal reaches of the River Thames (57% last year), although the advice is relevant to anyone who goes near the water.

The Respect the Water campaign will run throughout the summer on channels including cinema, outdoor, radio, online, and on catch-up TV channels. The RNLI is asking people to visit RNLI.org/RespectTheWater where they will find information on the effects of cold water shock and floating techniques. On social media search #RespectTheWater.



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Grove Park Primary School receives 'Outstanding' review

GROVE PARK Outstanding Challenge Partner Review Inspection Visit

Grove Park Primary School are celebrating the success of a recent three day Challenge Partner Inspection Review where all aspects of the school were described as overwhelmingly outstanding.

The inspection involved a lead OFSTED inspector and three other senior school leaders who looked at school performance, assessment, curriculum and school improvement.

The report praised the inspirational and passionate Head teacher's cutting edge curriculum design where children balance high creativity along with outstanding standards and outcomes. All staff were highlighted for the excellent work they do and how

they know each child well and cater for their personalised learning needs. Teaching across the school from the highly motivated and skilled team was praiseworthy.

A rigorous and unique curriculum design permeates the school where a personal growth model of teaching dominates all aspects of school life which ensures the whole child is educated academically, morally, culturally and spiritually. Underpinning this is a contextualised approach whereby all learning is placed in real life contexts.

An inspiring approach to creative writing along with digital literacy and real life maths exemplified the school's innovative, creative and forward thinking practice. The school has been awarded an area of excel-



Pupil From Grove Park Primary School Receive Certificates Of Achievement

lence in English teaching and Writing. Pupils are exposed to a rich diet of literature and focus on developing their own unique narrative voice which leads to powerful, imaginative and high quality writing.

The niche pedagogy offered by Grove Park has a substantial impact on both the children's learning and personal development and all staff were praised for the excellent pastoral

care offered to pupils alongside tailor made excellent teaching. There is a unique and special buzz about this highly creative and outstanding performing local school nestled in Grove Park.

Lease Or Buy Vehicles? The future is in the Cloud says Goddards Accountants



Dr P Singh of Cash for Invoices Limited—for single invoice finance, takes a look at Cloud accounting and its relevance to businesses.



Goddards Accountants is a multi-office independent firm of professional finance managers and accountants, headquartered in West Molesley, London. It was founded by Derek Williamson, a professional accountant with over 40 years of experience.

"We have combined our accountancy values of integrity, thoroughness and an eye for detail with a 21st Century approach to fast reaction times and the use of technology."

Cloud accounting enables Goddards to work with its business clients through-

out the year on their figures. "Clients who have already moved their accounts into the Cloud have found that it has saved them money. The business's information is real time and up-to-date, resulting in greater efficiency and profitability," said Williamson.

Goddards use a range of Cloud Accounting software including Quick-

books, Xero, Clearbooks, Receipt Bank, Kashflow and FreeAgent. To find out more about the benefits of Cloud Accounting to businesses, Goddards is offering an initial consultation free of charge. Call 020 8941 2187 and mention The Chiswick Herald. www.goddardsaccountants.biz

Business owners facing CCJ's warns Chiswick tax specialist



Dr P Singh of Cash for Invoices Limited – single invoice finance, takes a look at the lease or buy option

Businesses don't always have funds to buy their company car or van, and buying might not always be the optimum solution, so what alternatives are there?

"We provide a bespoke service that understands the customer's needs before showing them the best option to either buy or lease?" says director of Hounslow-based Autoleaseplan, Hitesh Kanadia.

"We tend to get a lot enquires for prestige cars, especially Mercedes and Land Rover, however we can supply any make and model. We can also source cars at discounts not usually offered at a dealership", says Kanadia

As a credit broker, Autoleaseplan has a panel of lenders from which they can obtain competitive lending rates for individuals and businesses, including customers that were declined finance at vehicle dealerships.

How does the financing work? Leasing is a fixed term contract where the business uses the vehicle for the period agreed and then simply hands it back to the finance company and starts a new contract.

How does a business benefit? Relatively few businesses prefer to buy a new car or van because that requires a substantial capital payment.

An instalment-type contract with a finance company means the business pays an initial deposit and then makes regular lease (rent) payments. Leasing therefore spreads the cost of using the vehicle over the period of its use, and avoids the substantial capital required to buy a vehicle for its full price. In addition to smoothing cash flow, leasing can also provide tax and vat benefits for businesses.

How does vehicle finance work? If owning the vehicle is important, then financing with a hire purchase (HP) loan is usual. Another option is personal contract purchase (PCP) with a deferred balloon payment sum at the end of the loan. There is an option to either pay the balloon payment or simply hand the car back to the finance company and start with a new car and loan.

Does using a broker for vehicle finance actually work? "One of our customers approached us after being declined at a main car dealer that was offering 6.9% APR on a brand new car. We managed to get our customer financing approved elsewhere and at a lower rate, 5.3% APR. On top of these benefits, we also saved the customer over £2,000 on the car price." says Kanadia.

www.autoleaseplan.co.uk tel 020 8572 1237

Business owners facing court judgments for ignoring workplace pension notices warns local tax specialist

Local business owners could face County Court Judgements if they fail to act on workplace pension schemes, a local tax specialist has warned.

Franck Sidon who runs TaxAssist Accountants in Chiswick said: "In the first quarter of this year, over 17,000 fines and other sanctions have been issued to small businesses who did not meet their staging date for the new auto-enrolment pensions. One small business, which cited work pressures as a reason for not complying with the new regulations, was given a £40,000 fine plus court costs.

"Businesses that have ignored penal-

ty notices are now receiving County Court Judgements, which could seriously affect their credit rating and ability to borrow money in the future. The Pensions Regulator has also said that it intends to publish details of those companies.

"We're advising many local business owners who have now received notices from the Pensions Regulator giving the date from which they must automatically enrol all eligible employees into a pension scheme and contribute to their pension pot. Some have planned well in advance and have fully compliant schemes up and running already.

"Any employer who fails to comply, could face a £400 fixed penalty escalating to daily fines set at a minimum

of £50 per day, £500 per day if they have over five employees, reaching a maximum of £10,000 per day if they have 500 or more employees, with the possibility of civil penalties and court action."

In 2017, some 200,000 employers per quarter will be reaching their staging date for workplace pension schemes under the Government's automatic enrolment rules. Nearly eight million people, across over half a million businesses, are now saving for their retirement.

TaxAssist Accountants Chiswick is a local business providing tax and accountancy advice and services purely to small businesses.

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A street party is just what the doctor (or the spin doctor) orders...

Lucky me. As I write this, I'm on half term holiday with my family - sitting in a lovely house in the south of France - with a pool just a few steps away, pigeons cooing, church bells gently chiming... And nearby there is a beautiful village where I can enjoy a glass of grenadine and potter around the shops, wondering whether to risk bringing home some rather eccentric works of ceramique on the TGV.

It sounds idyllic.

So, why then is it so difficult for me to get my head in gear and write this piece? Why is it such an effort to try to put one sensible thought after another?

Well, I don't know about you. But often, I find that when I've been working at full pace and then suddenly screech to a halt and go on holiday - I suffer from what I call 'holiday head.' A feeling that I will never recover and be able to do anything productive again. That I will be too lethargic to do anything. Ever.

That's why I bring out to France about six books (in addition to many more downloaded on my Kindle app) and barely read one of them. Why I lug out my paints, a large canvas and

my easel with the ambition of doing something 'plein air' and have only managed a tiny picture of a blue jug. Why I brought out my gym clothes (including hand weights!) and they are still unpacked.

Holiday head is a bit like stalling a car. (Something I'm experiencing a lot of at the moment - as, in my rental car, I struggle to remember how to drive manual after about five years of automatic.)

Maybe you don't feel too sorry for me. And I don't blame you!

Maybe you are suffering similar symptoms - feeling barely capable of putting one sensible thought after an-



Rev Martine Osborne
St Michael's Church, Elmwood Road, Chiswick.

other - but for a quite different reason. Which comes from having been stuck in Blighty over recent weeks...

In this case, you probably are suffering an attack of 'General Election head' - which, like 'Holiday head' - can be completely debilitating and make you think you will never recover and be able to do anything productive again. That you will be too lethargic to do anything. Ever.

If this is the case - then, please, do not despair!

Normal life will resume after 8 June. Just as I will, somehow, manage to string a coherent sentence or two together when I return to the pulpit next Sunday.

Holiday head and General Election head are troubling but temporary afflictions.

go away later, so you don't, like me, get a bad attack of Holiday head. And also putting an end to General Election head - hopefully for at least another five years.

In previous years, our wonderful local MPs - Ruth Cadbury and Mary MacLeod, have attended the street party as the sitting MP. Whatever the outcome of the vote on 8 June, I hope they will both come along this year and join us - in a spirit of neighbourliness. However you plan to vote, I hope that you - like me - appreciate that both Ruth and Mary have served us brilliantly in recent years.

It would be fabulous to thank them both for their hard work. And seeing them with us together would symbolise what the street party is all about. Bringing neighbours together from all different backgrounds and ages - living out what Jesus tells us - loving our neighbours as ourselves.

So shake off the lethargy and come along. I look forward to seeing you.

I might even bring you back some grenadine...now there's a sensible thought - at last!

Revd Martine Osborne www.martine-oborne.com

St Michael's Elmwood Road Street Party - 1-5pm Saturday 10 June

St Michael's Elmwood Road BBQ Church - 6-8pm Sunday 11 June

And fortunately there is a wonderful antidote to both of them.

Barely twenty four hours after the election results are announced, we shall be opening this year's St Michael's Elmwood Road Neighbourhood Street Party.

If you haven't come along to this event in the past - then please join us this year.

Everything is free - the music, the food, the drinks and the BBQ, kids activities, bouncy castle, bungee run, face painting, nail bar, fire engine, book stalls (where you can find all the books you probably won't read on holiday..) And donkey rides. All free!!

It's a great way to start the holiday season - slowing down now, before you

CHISWICK POET



Success.

I was spotted young - the acne of my career. A gastronomic rise to stardom.

A kitchen giant. Always defiant. TV Star; fame spread afar. Now I sit at the bar and drown myself.

Success? What a mess!

Paving Stones.

Pity the poor paving stone; out in all weathers. People walk all over you. Dogs defecate on you and drunken revellers throw up all over your smooth granite face. You must feel so flattened out. No wonder you're permanently stoned!

© Tony Inwood.

The brain detects disease in others even before it breaks out

The human immune system is effective at combating disease, but since it entails a great deal of energy expenditure disease avoidance should be part of our survival instinct.

A new study now shows that this is indeed the case: the human brain is better than previously thought at discovering early-stage disease in others. Moreover, we also have a tendency to act upon the signals by liking infected people less than healthy ones.



"The study shows us that the human brain is actually very good at discovering this and that this discovery motivates avoidance behaviour," says principal investigator Professor Mats Olsson at Karolinska Institutet's Department of Clinical Neuroscience.

By injecting harmless sections of bacteria, the researchers activated the immune response in participants, who developed the classic symptoms of disease -- tiredness, pain and fever -- for a few hours, during which time smell samples were taken from them and they were photographed and filmed. The injected substance then disappeared from their bodies and

with it the symptoms.

Another group of participants were then exposed to these smells and images as well as those of healthy controls, and asked to rate how much they liked the people, while their brain activities were measured in an MR scanner.

They were then asked to state, just by looking at the photographs, which of the participants looked sick, which they considered attractive and which they might consider socialising with.

"Our study shows a significant difference in how people tend to pre-

fer and be more willing to socialise with healthy people than those who are sick and whose immune system we artificially activated," says Professor Olsson. "We can also see that the brain is good at adding weak signals from multiple senses relating to a person's state of health."

This he sees as biological confirmation of the argument that survival naturally entails avoiding infection.

"Common sense tells us that there should be a basic behavioural repertoire that assists the immune system. Avoidance, however, does not necessarily apply if you have a close rela-

tionship with the person who is ill," says Professor Olsson. "For instance, there are few people other than your children who you'd kiss when they have a runny nose. In other words, a disease signal can enhance caring behaviour in close relationships. With this study, we demonstrate that the brain is more sensitive to those signals than we once thought."

The research has been carried out in collaboration with several parties, especially with the Stress Research Institute at Stockholm University.

Paris climate deal: EU and China rebuff Trump

Chinese and EU leaders are to agree a joint statement on the Paris climate agreement saying it is "an imperative more important than ever".

A draft of the document, seen by the BBC, stresses the "highest political commitment" to implement the deal.

It will be widely seen as a rebuff to the US, as President Trump prepares to announce on Thursday if the US is withdrawing from the accord.

The joint statement will be published on Friday after a summit in Brussels.

For more than a year, Chinese and EU officials have been working behind the scenes to agree a joint statement on climate change and clean energy.

The document highlights the dangers posed by rising temperatures, "as a national security issue and multiplying factor of social and political fragility," while pointing out that the transition to clean energy creates jobs and economic

growth.

"The EU and China consider the Paris agreement as an historic achievement further accelerating the irreversible global low greenhouse gas emission and climate resilient development," the draft document says.

"The Paris Agreement is proof that with shared political will and mutual trust, multilateralism can succeed in building fair and effective solutions to the most critical global problems of our time. The EU and China underline their highest political commitment to the effective implementation of the Paris Agreement in all its aspects.

Both sides say they will step up action to and "forge ahead with further policies and measures" to implement their national plans on cutting carbon. Significantly, both the EU and China agree that they will outline their long term low carbon strategies by 2020.

Antarctic ice crack takes major turn

There has been an important development in the big crack cutting across the Larsen C Ice Shelf in Antarctica.

The fissure, which threatens to spawn one of the biggest bergs ever seen, has dramatically changed direction.

"The rift has propagated a further 16km, with a significant apparent right turn towards the end, moving the tip 13km from the ice edge," said Swansea University's Prof Adrian Luckman.

The calving of the berg could now be very close, he told BBC News.

Although he also quickly added that nothing was certain.

The fissure currently extends for about 200km in length, tracing the outline of a putative berg that covers some 5,000 sq km - an area about a quarter of the size of Wales.

The crack put on its latest spurt between 25 May and 31 May. These dates were the two most recent passes of the European Union's Sentinel-1 satellites. Their radar vision is keeping up a constant watch as the White Continent moves into the darkness of deep winter.

After some initial activity at the beginning of the year, the Larsen crack became stationary as it entered what is termed a "suture" zone - a region of soft, flexible ice. But this situation held only until the beginning of May, when the rift tip then suddenly forked. And it is the new branch that has now extended and turned towards the ocean.

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Triggers of eczema and it's rising incidence



Chiswick resident and organic natural skin-care product pioneer Asal Shirazi looks at the triggers of eczema and it's rising incidence.

According to the British Skin Foundation...

"There are 1 million people in the UK who suffer from psoriasis. 40,000 new cases of skin cancer are reported each year. 20% of all children have eczema."

It seems these statistics increase daily and there is still not enough awareness out there to help educate the sufferers. I would like to focus on eczema as I am a sufferer myself. The exact cause of eczema is unknown, but it's thought to be linked to an overactive response by the body's immune system to an irritant.

The irritant can vary from stress, sweat, food allergies, detergents, pets or a mixture of all. It is this response to the irritant that causes the symptoms of eczema. Although not curable, it can be controlled effectively in most cases.

Eczema is commonly found in families with a history of other allergies or asthma. Therefore, there is a genetic element to it.

Many doctors refer to eczema as atopic which means that there is in fact a genetic element to the condition. It includes conditions such as hayfever, and asthma.

Most infants who develop the condition out-grow it by their teen years, while some people continue to have symptoms throughout their life. However, it is possible to control it effectively.

I come across the same dilemma all the time where I am asked why has my baby got eczema? What can I do to relieve her suffering? And in response I ask if their physician has explained what is eczema and the concept of eliminating irritants.

The reply to which is always negative.

I feel, as a government incentive, all primary schools should have information on such a common skin condition and to help both parents/carers and children to understand irritants and how to calm flare ups at a basic level. It is a modern day phenomenon and with increasing chemicals in skincare and in our daily life, education is very important.

Irritants of eczema:

- **Soaps and detergents**
- **Biological detergents are known trigger factors and fabric conditioners**
- **perfumes,**
- **preservatives and alcohols in toiletries and make-up**
- **Clothing- cotton is best**
- **Temperature**
- **Sweating**
- **Stress**
- **Food allergies**
- **Food irritants-cows' milk, dairy, eggs, soya, wheat, fish and nuts**
- **Infection**
- **Pollen**
- **House dust mite**
- **Pets**
- **Transference from your hands/clothes/skin to your child**
- **Infection**
- **Moulds and mould spores**

So if you have a child who suffers from eczema, please remember that it's not just one thing that can trigger a flare up. The stress of a flare up can itself cause greater aggravation. And much more!

Asal Shirazi lives in Chiswick and has developed a range of natural organic skincare products for people with sensitive skin - visit <http://www.jeunvie.co.uk/>

9 damaging health habits we're unaware of



IT'S PROBABLY fair to say that fitness has truly become a trend these days. We're not saying that staying in shape or being fit is a new thing in any way. Of course that has been a popular notion since the dawn of time, but fitness as a way of life, as a style almost has definitely come into the forefront in the last couple of days. It probably has something to do with the invention and popularization of athleisure, which a lot of people have a lot of views and opinions about, but hey, if it gets people to pay more attention to what they eat and gets them moving more, we're all for it. So if you want to jump on the bandwagon and be more healthy, you should probably be aware of these 10 habits that damage our health without us even noticing.

1. Buying Cheap Sunglasses

We're all guilty of buying cheap sunglasses. After all, we know we'll probably end up sitting on them or losing them on vacation, so we don't see the point in investing into a good pair. However, the cheap glasses are made of cheap plastic that doesn't actually protect our eyes from harmful UV rays. What's even scarier is that because sunglasses provide shade, it causes our pupils to dilate (instead of contracting in the sunlight) and receive an even bigger dose of harmful ultraviolet, which can damage our eye, cause cataract, and in the worst case scenario can even result in cancer. So do yourself a favor and invest into a good pair of sunglasses, but if you can't afford that you're probably better off just skipping sunglasses altogether instead of buying the cheap ones.

2. Crossing Your Legs

How often do you cross your legs when sitting down? Chances are you don't even notice it. You just do it, it's second nature to you. But sitting with your legs crossed creates hypertension and can actually lead to the development of varicose veins and even serious nerve damage. So next time you catch yourself switching up your legs when sitting cross legged, perhaps make a conscious effort to just sit with both of your feet firmly planted on the floor.

3. Eating At Your Desk At Work

Lots of people do this in order to save time and get more done, but that doesn't mean it's good for you. First of all, the office isn't meant for food consumption. People have various allergies you could trigger with your food, and also, smells travel very quickly and it's just simply rude to eat at your desk and make other people smell your food. But even if you don't care about the rules of etiquette and common sense, you might care about the fact that offices accumulate tons of bacteria that aren't good for your digestive tract.

4. Sleeping On Your Side

A lot of people find it more comfortable to fall asleep on their side or even on their stomach, but however comfy those positions may be they can cause a lot of issues for your body. When you sleep on your side, you prevent your diaphragm from fully expanding, which

can cause breathing problems, back pain. Sleeping on your stomach is even worse, because not only are you limiting the movement of your diaphragm, but you're also putting a lot of pressure on all of your internal organs. Basically it's best to sleep on your back.

5. Feeding Birds

It's not something a lot of us do on the regular basis, but a lot of people do feed pigeons in order to make them sit on their hand and take a cool picture. Well that is actually very dangerous because there's always a 50% chance that they carry contagious diseases like ornithosis, colibacillosis, tuberculosis, rabbit fever and others. Basically city pigeons are no better than city rats. So stay away from them.

6. Microwaving Popcorn

It's not that popcorn is bad for you, or that microwaves are evil or anything like that. It's more about the ingredients in those microwavable popcorn pouches. A lot of the time they include diacetyl, which is a synthetic oil that when heated evaporates, you breathe it in and it damages your lungs. So next time you microwave yourself some popcorn for movie night - wait a little and let your popcorn cool before taking it out of the microwave. It'll take just a couple of minutes, but your lungs will thank you.

7. Treating With A Hot Water Bottle

Using a hot water bottle or an ice-pack is one of the most common household remedies for pain, and sure, it works in certain situations, but there's a lot of injuries that and conditions that could be made worse by these sort of treatments. For example, what you might mistake for a cramp could be an acute abdomen inflammation like appendicitis, that won't be cured by a hot water bottle or an ice-pack, it could actually get worse. Sprains and injuries also should not be treated with a hot water bottle for the first couple of hours or in some cases even days.

8. Wearing Open Footwear In Cities

You're probably already thinking "but what am I supposed to wear in the summer?" After all, it is the season for sandals, flip flops and open-toe shoes. Well, it's up to you if you want to take the risk of getting your feet stepped on or cut, and potentially infected. Just think about all the bacteria on the streets and how easy it would be for it to get into your bloodstream through a tiny cut on your foot.

9. Drinking Too Much Water

Water is life, and we definitely need healthy amounts of it to function properly. We're sure you've seen those pictures that show people are 80% water. But that doesn't mean you should drink half your weight in water. We generally drink when we're thirsty and that really is enough for our body. You'll definitely benefit from switching up your soda and coffee to water, but making yourself drink too much water can be bad for you, especially if you have kidney problems or cardiovascular issues.

Coffee queen Melanie Sykes on Netflix and meditation

- **COFFEE QUEEN MELANIE SYKES SAYS TRUE RELAXATION IS NETFLIX & MEDITATION**
- **MEL'S FAVOURITE HOLIDAY DESTINATION IS THE MALDIVES**
- **SHE CONFESSES TO EATING NUTELLA STRAIGHT FROM THE JAR**
- **SHE'S INSPIRED BY ART AND IS OFTEN FOUND WANDERING AROUND ART GALLERIES**
- **HER 3 BEAUTY ESSENTIALS ARE: WATER, PALMER'S COCOA BUTTER & LANCOME MASCARA**

She may be the darling of the celebrity media but coffee lover and TV star Melanie Sykes has revealed, given the choice, she'd rather spend her time relaxing in front of a box-set.

The TV star, model and mum has revealed her ultimate way to relax is to be at home, chilling out in front of her favourite Netflix series - with a cup of her favourite Lyons Coffee in hand.

Best known for her role as a TV and radio presenter, Mel co-hosted Let's Do Lunch with Gino D'Acampo for three years and has recently appeared on I'm a Celebrity...Get Me Out of Here! and Sky's Fit In Five.

Mel, who has just been announced as the new face of Lyons Coffee Bags, confesses to spending much of her time chilling out in comfy clothes and watching episodes of The Sopranos.

Mel said: "Mostly you will find me sitting at home watching box-set after box-set. I don't know where my life would be without Netflix. I will just devour my entire series in one sitting."

Mel is also a massive coffee aficionado. She says becoming the new face of Lyons Coffee Bags was a natural and obvious choice, as she's such a big fan.

She said: "I'm thrilled to be partnering with Lyons coffee. Everyone knows I'm a coffee lover - I can't start the day without one - and Lyons Coffee Bags have completely transformed the way I enjoy my coffee. I have a very busy schedule so the bags are perfect as I can take them with me in my handbag and enjoy them anytime, anywhere."

"I also love that there are three strengths and a decaf option, so I can satisfy my coffee cravings whenever the mood takes me."

"Forget fiddly pods and cleaning up - just add water and go... genius!"

Mel has just launched a lifestyle website which gives a great insight into how she keeps herself trim and healthy but also offers advice and inspiration to others on fitness, food and parenting. She's also big into meditation - and uses her smartphone for inspiration.

"I do those meditation apps on my phone. I do get anxious about things so they really relax me," she admits.

Lyons coffee bags are an every-day coffee hero, perfect for busy people like Mel, who want convenience but don't want to compromise on flavour.

The bags contain 100% freshly ground coffee beans and are easy to prepare - just add freshly boiled water, stir, and brew for three-four minutes until the coffee is as strong as required.

Quick and easy to use, they are ideal choice for busy mums, active families or time pressured commuters on the go.



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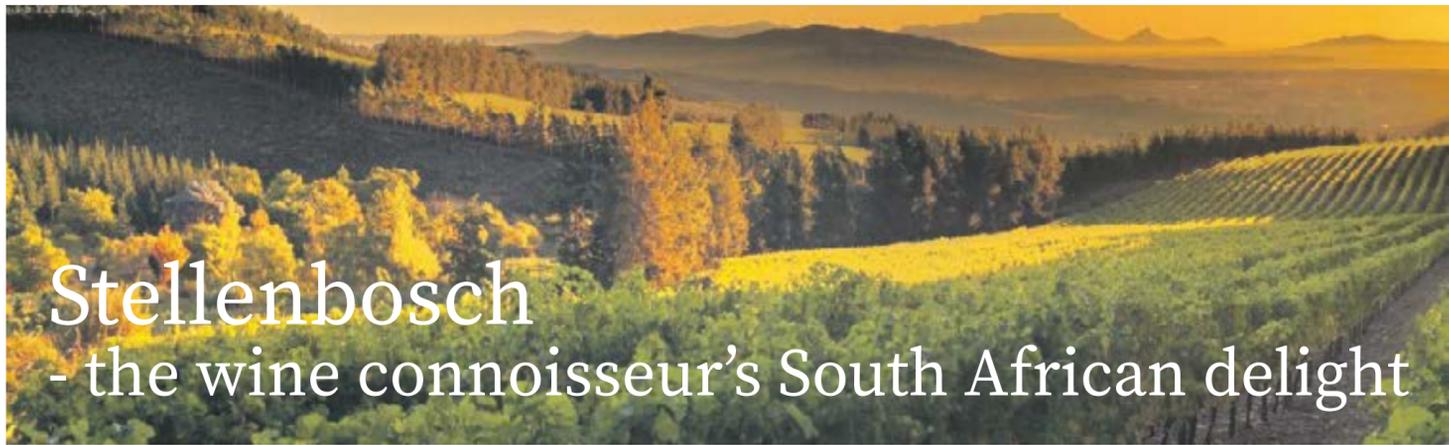
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Stellenbosch - the wine connoisseur's South African delight

STELLENBOSCH, South Africa's second oldest town, truly is a destination for all seasons and ages, surrounded by dramatic scenery and bustling with vineyards, rich Cape heritage, art and architecture. One of the world's leading wine tourism destinations, more than 150 wine farms offer visitors exciting and authentic experiences such as tastings, world class restaurants, family attractions and exciting lifestyle activities. Located only 30 minutes inland from the Cape's best beaches, a mere 40km from Cape Town International Airport and 50km from Cape Town, Stellenbosch is the perfect hub from where to explore the city, coastal regions and the rest of the Cape Winelands.

New restaurant in Stellenbosch town: The Fat Butcher

The Fat Butcher is a new kid on Stellenbosch's highly competitive food block. Situated on the corner of Drostdy and Van Riebeeck Streets, this contemporary steakhouse is surrounded by the town's oldest buildings and is already a favourite of the area's "who's who". Ideal for the serious meat connoisseur, the menu features a choice between burgers, grills ("allegaartjie" mixed grill, pork ribs, lamb rump & lamb t-bone), steaks (200-300g sirloin, rump, fillet, dry-aged, New York cut, cote du boeuf, t-bone, and three signature steaks) and a few "local flavour" favourites (pork belly, lamb shank, pie of the day, porcini risotto and oxtail). The space in this historical building got a contemporary interior revamp with tasteful leather booths, wooden tables, textured wall paint, black accents and an all-round masculine yet luxurious feel. www.thefatbutcher.co.za

New dining experience: The Bus Stop @ Stellenbosch Vineyards

It's big, it's bold and it's yellow! The Bus Stop has arrived at Stellenbosch Vineyards with the promise of serving the best burgers, pizzas and waffles this side of the R44! What's more, this casual

eatery is situated in the centre of the pond on the Welmoed farm, sporting a bright yellow 1980 Bedford bus as the heart of the restaurant. This unique concept gives a twist to the cuisine sensation that is the 'food truck revolution', with the bus refurbished into a bar serving and highlighting the innovative Infusions, the farm's heritage brand Welmoed and the home brand Stellenbosch Vineyards. The menu features craft beer, joined by wood fired pizzas and burgers from the open-air kitchen. www.stellenboschvineyards.co.za

Delheim goes Cape Malay in May: Fire up winter with a hearty, traditional meal at Cape Wineland's icon estate Reconnect with the alluring history of the Cape this winter by joining Delheim, the renowned Stellenbosch wine estate, for its special Cape Malay lunches in May. Known for its spice and warmth, the Cape Malay dishes will be the perfect foil for the cold winter days that lie ahead. The exclusive Cape Malay menu will spice things up every Saturday in May: the 6th, 13th, 20th and 27th – and bookings are now open. www.delheim.com

RECOMMENDED ACCOMMODATION

Lanzerac Hotel & Spa reopens Spa: As part of a large-scale refurbishment of the grand and historic Lanzerac Wine Estate, the Lanzerac Spa has been completely rebuilt and reimagined to offer a Wine-lands retreat experience with a distinctly luxurious feel. Nestled against rows of lush vineyards, the new Lanzerac Spa boasts six therapy rooms, four mini manicure and pedicure treatment areas, two relaxation areas, a Rasul chamber complete with sensation showers, an in-door heated swimming pool, sauna and steam rooms, and a mist room to help guests cool down. www.lanzerac.co.za

WHAT'S ON

New street art exhibition "From here on" Stellenbosch is buzzing with artistic activity and is fast becoming a leading public art destination boasting a rich, multi-coloured canvas of unique

art attractions. Until June 2017, visitors can muse on the outdoor exhibition Hiervandaan/From here on/Ndisuka which is on display at various strategic positions across town, with include works by some of Southern Africa's finest artists in their disciplines of choice including Daniel Naudé, Faith XLVII and Imraan Christian, Ledelle Moe, Strijdom van der Merwe, Ruann Coleman, Vulindlela PE Nyoni, Jacques Buys, Alex Hamilton and Masimba Hwati.

#artstellenbosch:
Last Thursdays Stellenbosch

To all art lovers, an invitation that cannot be refused: Last Thursday is a free gallery-hopping event which takes place monthly and welcomes tourists and locals alike to take in all the creative craft the town has to offer. Visit local galleries, get a look at what the talented students of the Stellenbosch University Visual Arts Department are producing and have a glass of wine while you're at it. Expect full access to the many and diverse galleries in and around the historic town centre, as well as restaurants and bars abuzz with jovial company as the town opens up from 5pm till late.

EVENTS & FESTIVALS

Various dates between May – November 2017: Mountain bike events, trail run and hike events

Dirtopia, an outdoor, adventure company based at Delvera Farm 10km from Stellenbosch organizes regular mountain bike events, fun trail runs and hike events for active and outdoor lovers. Dirtopia also offers the popular Wine Walk to Warwick as well as Full Moon Hikes where participants experience the splendour of the great outdoors with magnificent views of the Cape Peninsula and even Table Mountain. www.dirtopia.co.za

Winelands Chocolate Festival: August 2017

The Winelands Chocolate Festival is a major annual Winter Festival with a sensational array of artisanal chocolates, various market stalls for the health conscious as well as decadent treats for those indulging moments. Fine chocolate is becoming as sophisticated as wine, but so many people are conditioned to eating chocolate as a sweet treat, with little chance of noticing its finer points. www.winelandschocolatefestival.co.za

Jamestown Strawberry Festival – November 2017

The Jamestown Strawberry Festival is one of only two Strawberry Festivals in the world. A family-friendly affair, the event boasts strawberry picking experiences, an exhibition by local artists, a 5km fun run, food and craft stalls, and live entertainment each November (www.stellenbosch.travel)

Stellenbosch Street Soirees – bi-monthly starting November 2017

The popular Stellenbosch Street Soirees spill the town's unique food and wine culture onto its oak-lined streets, for locals and visitors to sip, savour and share in the vibrant spirit of this 'forever young' town. Happening in the town's bustling Drostdy Street, cars make way for a merry crowd to mingle, indulge in Stellenbosch wines and snack on gourmet bites by famed resident foodies. Live music adds feel-good vibes to this sensory 'pavement playground'. Each event features a different selection of cellars, eateries and music.

For more information on the Stellenbosch Experience and inspiration to visit the region, visit www.stellenboschexperience.co.za and keep an eye on #visitStellenbosch.



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Eastbury Grove, W4

£1,200,000

Borthwicks are happy to offer to the sales market this end of terrace 3 Bedroom Victorian property located minutes from Chiswick High Road. A contemporary eat in kitchen with sliding patio doors opens the whole room up to the private back garden. Upstairs there are three bedrooms and a modern bathroom and access to the loft. There is a bright and airy bay window through the main double reception area to the front of the house and oak flooring compliments the ground floor. Great transport links with Turnham Green station and Chiswick Park Station a short walk. No onward chain. Current EPC rating C.



Corney Road, W4

£1,100,000

Borthwicks are delighted to bring to the sales market this four bedroom Edwardian family home in ever popular Grove Park area of Chiswick. Accommodation comprises double through reception, eating in kitchen with doors leading to south-west facing garden. Three double bedrooms and family bathroom on the first floor, with stair leading to additional top bedroom and bathroom. Property also benefits from large cellar that could be transformed into additional bedrooms, gym or play area (STPP). Corney Road is conveniently located close to both A316 and A4 providing speedy links in and out of the city.



Kelvin Court, W4

£520,000

Spacious newly refurbished two bedroom, purpose built, first floor flat with wooden flooring and communal gardens situated in Grove Park, moments from Chiswick Mainline station. Accommodation comprises of a spacious entrance hall with storage cupboard, 2nd bedroom with built-in cupboards, south facing reception room into bay with wireless TV & Sonos installed, brand new fitted kitchen with breakfast bar, master bedroom and modern shower room. Situated on Spencer Road in Grove Park, Chiswick mainline station. Excellent local amenities & transport links. Current EPC rating - C.



Weston Road, W4

£947,500

Borthwicks are delighted to offer this mid terraced 3 bedroom, freehold, well-loved family home with a through reception with options to extend (STPP), close to South Acton train & Chiswick Park tube stations. It comprises a large through reception, w/c, utility room, newly fitted kitchen & paved garden, 3 good sized bedrooms & bathroom. An ideal opportunity to do both a loft extension & side return (subject to planning consent). It is within a 10 minute walk from Chiswick Park Tube Station & close to South Acton train station. It is within easy reach of Chiswick High Road. Chain free. Current EPC rating TBA.

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Hardwicke Road, W4

£355 per week

A raised ground floor flat overlooking the large open space of Acton Green Common with its own private entrance and within easy reach of Chiswick High Road and Chiswick Park tube station. Accommodation comprises 2 double bedrooms with high ceilings, original fireplaces and lots of natural light. There is a good sized reception room with bay window, fitted kitchen and shower room. The property is in a cul-de-sac and an easy minute walk from Chiswick Park (District Line) or a 5 minute walk to Turnham Green tube station (District & Piccadilly lines - Zone 2). Chiswick High Road is close by with its multiple shops, supermarkets, restaurants and convenient transport links. Current EPC rating - D. Available Now.



Woodstock Road, W4

£325 per week

A spacious and recently decorated ground floor apartment in a fabulous location in Bedford Park. Accommodation consists of reception room with solid wood flooring, fully fitted kitchen, spacious one double bedroom into a bay window and bathroom with shower. Located in the sort after Bedford Park area within a short walk to Turnham Green tube station (District & Piccadilly line) and the shops and amenities of Turnham Green Terrace and Chiswick High Road. Current EPC rating - D. Fees apply. Available immediately. Fees apply.



Dewsbury Court, W4

£275 per week

Excellent, lower ground floor, 1 bedroom apartment close to Chiswick Park tube station and Chiswick High Road. Accommodation comprises a bright open plan reception room into modern fitted kitchen with wooden flooring, a double bedroom and shower room. Dewsbury Court is located on Chiswick Road within the Belmont Primary School catchment area. It is a short walk to Chiswick Park station (District line) as well as the open space of Turnham Green and Chiswick High Road with its varied shops, excellent local cafés, restaurants and further transport links. EPC rating - D. Available immediately. Fees apply.



Alfred Road, W3

£350 per week

Two double bedroom flat located just off of the popular Vale area of Acton with ample space, a fully refurbished bathroom with shower over bath and a sky light to allow natural light in. There is also a good sized lounge / reception and a fully fitted kitchen. This first floor property has just undergone full redecoration and brand new carpets throughout. Transport links are provided by Acton Central Overland Station being just a 5 minute walk and buses on the Vale heading towards Chiswick, Hammersmith and further West. Locally there is a vibrant street market, shops, restaurants. EPC - D. Fees may apply - please see website for details.



Acton Lane, W4

£295 per week

Beautifully presented, Victorian 2 bedroom, 2 bathroom first floor flat within easy reach of Chiswick High Road and local amenities comprising a shared entrance hall with a separate door to stairs up to the landing into a front reception room with new double glazed sash windows, 2nd bedroom & new fully fitted, bright, south facing kitchen with sliding windows to a plant platform. Further stairs to a luxury bathroom & a top floor master bedroom with Juliette balcony, en-suite shower room and eaves storage. Set back from the road, it is half way up Acton Lane and is a short walk to Chiswick Park tube station (District Line). EPC Rating - C. Available from 30th June



Dewsbury Court, W4

£300 per week

A superb one bedroom apartment located in an Edwardian mansion block only a two minute walk to Chiswick Park tube station (District line) and Chiswick High Road with its superb range of the quality shops, boutiques, restaurants and bars. Fully refurbished to high standard the accommodation comprises of a modern fitted kitchen with a bright open plan reception room, one double bedroom and bathroom Broadband internet is provided. Heathrow Airport, the M25 and the West are easily accessible via the A4/M4. Current Energy rating - D.

www.borthwicks.co.uk



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KEW BRIDGE ROAD, KEW BRIDGE, TW8

This stunning four bedroom flat is bright and incredibly spacious and boasts two balconies, two bathrooms and gorgeous views over towards the River Thames. EPC: B81

£1,650,000 L/hld Foxtons.co.uk/11879557

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WESTCROFT SQUARE, CHISWICK, W6

This fantastic five bedroom house is spaciouly arranged over four floors and features a beautiful dining room and a spacious kitchen with an AGA. EPC: E40

£2,250,000 F/hld Foxtons.co.uk/1183853

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VALETTA ROAD, WENDELL PARK, W3

This beautiful four bedroom period house benefits from a double reception room, an open-plan kitchen, a top floor bedroom with an en suite and a private garden.

£1,250,000 F/hld Foxtons.co.uk/12255585

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PARK ROAD, GROVE PARK, W4

A rare opportunity to purchase this three bedroom detached architect-designed villa featuring superb open-plan living space. EPC: E45

£1,175,000 F/hld Foxtons.co.uk/111173

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CHISWICK HIGH ROAD, CHISWICK, W4

Centrally located and with original features throughout, this two bedroom period flat features a fantastic 75' private garden and a 50' cellar. EPC: E54

£999,950 L/hld Foxtons.co.uk/12266724

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MARLBOROUGH ROAD, CHISWICK, W4

This fantastic top floor two bedroom apartment offers striking interiors with beautiful open-plan living space and an en suite master bedroom. EPC: C78

£875,000 L/hld Foxtons.co.uk/13633092

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JAMESON CLOSE, ACTON, W3

Set in a peaceful gated mews, this fantastic three bedroom cottage offers beautiful living space and a mezzanine-level master bedroom. EPC: D65

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LINDEN GARDENS, CHISWICK, W4

This uniquely designed one bedroom house offers ample living space over three floors, beautiful finish and an incredible location. EPC: D59

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BEVERLEY ROAD, CHISWICK, W4

This outstanding two bedroom split-level flat is set within an attractive period conversion, and provides stylish interiors and wonderful views. EPC: E49

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Situated in a classic red brick mansion block, this three bedroom flat boasts bright open-plan living space finished to an exceptional standard. EPC: F36

£895 PER WEEK Foxtons.co.uk/22252907

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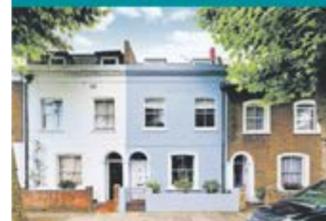


ST MARYS GROVE, GROVE PARK, W4

Boasting gorgeous interiors and décor, this spectacular six bedroom house is beautifully presented throughout, offering an extremely generous living space. EPC: E53

£2,250 PER WEEK Foxtons.co.uk/22236296

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PAXTON ROAD, GROVE PARK, W4

Stylish and bright throughout, this four bedroom three storey house benefits from a decked roof terrace with views into Chiswick House and Gardens. EPC: D56

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MALBOROUGH ROAD, CHISWICK, W4

This fantastic two bedroom apartment offers stylish accommodation on the fourth floor of a highly desirable modern development. EPC: B82

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BARROWGATE ROAD, CHISWICK, W4

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KINGS PLACE, CHISWICK, W4

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FOR SALE

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2 bedrooms, bathroom, kitchen, lounge/diner, conservatory, garden, garage, parking space. EPC: C. Freehold. Guide price: £825,000.



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2 bedrooms, 2 bathrooms, reception room, kitchen, parking space. EPC: D. Unfurnished/Furnished. Guide price: £395 pw



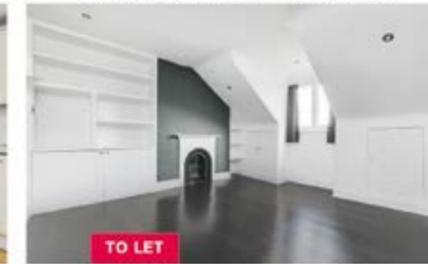
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Corney Reach Way, Chiswick W4
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Saville Road, Chiswick W4
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TO LET

Dukes Avenue, Chiswick W4
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TO LET

Edmunds House, Chiswick W4
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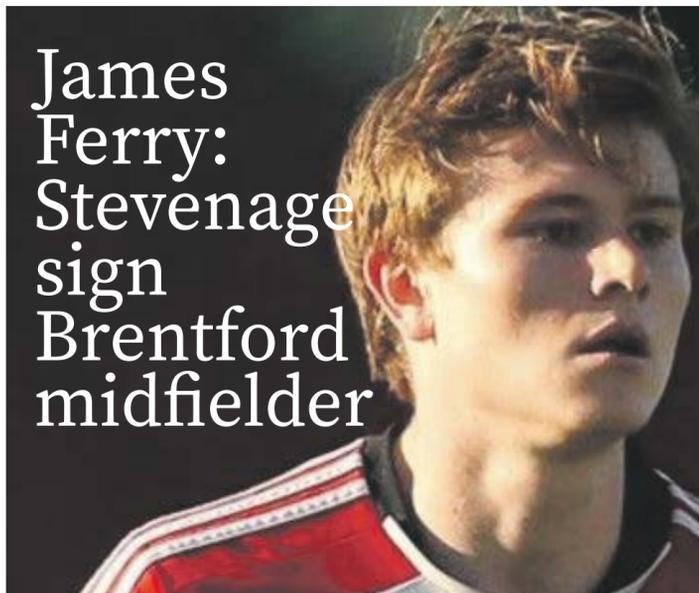
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James Ferry: Stevenage sign Brentford midfielder

League Two side Stevenage have signed midfielder James Ferry from Brentford on undisclosed terms, but have released six players, including Charlie Lee.

Ferry, 20, has signed a two-year contract at Boro after failing to play a first-team game for the Bees, but had loan spells at Welling and Wycombe.

Lee, 30, leaves after 130 games for Boro along with fellow midfielder Michael Tonge and forward Jake Hyde.

Defenders Andrew Fox, Dean Wells and Nathan Kerr are also being released.

Midfielder Tom Pett, 25, has been placed on the transfer list after talks over a new contract broke

down.

Ferry has joined Stevenage after the Bees gave him permission to train there during the latter part of the season.

"I've had a couple of months with the lads so I've got to know them and there isn't any settling in period," he said.

"It has been really useful in that sense so I am just looking forward to getting back from the summer and kicking on.

"The gaffer has been good with me. He has told me exactly what he wants and that is all I can ask for - a clear picture of what I need to do."

QPR's financial fair play sanction set for resolution



Queens Park Rangers' three-year battle with the English Football League over their Financial Fair Play sanction is due to be resolved in June.

An arbitration panel will determine if the EFL were within their rights to lodge a heavy fine against the London club for exceeding spending limits.

The EFL have never said what fine they planned to impose after QPR's promotion to the Premier League in 2014.

However, it was anticipated at the time it could be as much as £58m.

QPR were limited to making losses of £8m for the season in question. Their actual loss was £9.8m, but owner Tony Fernandes and other shareholders also wrote off £60m in loans as an "exceptional item".

The Loftus Road club were relegated back into the Championship after one season.

Everton prepare second bid for Josh Bowler after QPR reject initial offer

Everton are preparing a second bid for QPR teenager Josh Bowler after their initial £3m bid was rejected, Sky Sports understand.

Bowler made his debut for Rangers in the 4-0 defeat at Norwich on the final day of the Championship season.

He attracted an initial offer of £1.5m, with the rest of the fee due in add-ons. QPR are determined to keep the player, who signed his first professional contract in February this year.

The West London club rejected Everton's initial bid on Tuesday, with payment schedules thought to be the major sticking point.

He joined the club in 2013 after being released by Fulham.



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Chiswick's old Meadonians crowned League Champions

On Saturday the 20th of May one of the largest 'Pay to Play' leagues in the UK, the Amateur Football Combination held its 17th end of season presentation dinner at the Kennington Oval Test Match Cricket Ground.

The A.F.C. was founded on the Millennium when the London Old Boys League amalgamated with the Southern Olympian League, has 100 clubs and, since some clubs run upwards of four teams each, caters for around 400 teams.

Although the Oval is famed for hosting cricketing firsts, like the first ever inter club match in the 18th Century and is renowned as an international cricket venue, having hosted the first test match between England and Australia in 1880, football is no stranger to this venerable venue.

Equally importantly the Oval can also claim fame as one of the midwives at the birth of 'the gentle game', having hosted the first ever international football match between England and Scotland in 1870 and the first F.A. Cup Final in 1872.

Thus it is fitting that the most successful club in the A.F.C. so far, at least as far as first teams are concerned, Chiswick's Old Meadonians F.C. which had, before this last season, already won the A.F.C. Premier Division Trophy six times in the league's short duration, should be presented with the 2016/17 title by the event's guest speaker, John Salako.



Players from Old Meadonians celebrate their victory



Chiswick's Old Meadonians F.C. at the Oval

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