

# The Chiswick Herald

Friday 28th July 2017

The Independent newspaper for Chiswick

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## Grenfell Tower: Police say manslaughter charges possible

There are grounds for corporate manslaughter charges over the Grenfell Tower fire that killed at least 80 people, police have said. Kensington and Chelsea council and the Kensington and Chelsea Tenant Management Organisation have both been told there are grounds for considering charges against them.

This has come to light in a letter from Metropolitan Police to Grenfell residents. The tower block caught fire on 14 June. The relevant section of the letter says Met Police officers have "seized a huge amount of material and taken a large number of witness statements".

"After an initial assessment of that information, the officer



leading the investigation has today notified the Royal Borough of Kensington and Chelsea and the Kensington and Chelsea Ten-

ancy Management Organisation that there are reasonable grounds to suspect that each organisation may have committed the offence

of corporate manslaughter under the Corporate Manslaughter and Corporate Homicide Act 2007," it added.

## Ruth Cadbury MP condemns Government Air Quality plans



Brentford & Isleworth MP Ruth Cadbury condemned the Government's Air Quality plan released this week as being wholly inadequate to deal with the scale of air pollution locally. "Living between central London and Heathrow, our roads are massively congested making this area one of the most polluted parts of the UK" she said.

"This plan does nothing to address the problem now, particularly as there is no mention of Heathrow's expansion plans." She added "I had expected the Government to take serious steps to address

air pollution. They've had two failed plans, and this one is no better. Ending the manufacture of new diesel and petrol vehicles in 23 years' time shows the Government's lack of urgency on what has become a health emergency."

If elected to govern, Labour would deliver a national diesel scrappage scheme and a clean air act that would ensure all polluted cities were required to have legally binding clean air zones because air pollution leads to 40,000 premature deaths and many children suffering from asthma and other breathing difficulties.



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# Upgrade granted to Chiswick Power Road Studios



Image: Barrgazetas.com

Planning permission has been granted to Barr Gazetas, an award-winning architect practice, to upgrade and extend Power Road Studios in Chiswick. WorldArchitectureNews.com confirmed that permission had been granted and that plans focussed on Studio 1 and 5 at the moment. Power Road Studios is a series of multi-let studios around a courtyard and includes five buildings, with a 1930s front warehouse. Studio 1 will be redesigned to complement the Art-Deco style

of the original 1930s warehouse. The Barr Gazetas website says 'Our transformation of this 1930s building provides 76,000 feet square of flexible office space with fantastic floor plates and occupier facilities. We have reoriented the entrance to Power Road and created a new core. The top floor extension provides 16,000 feet square of additional business space.' Studio 5 will be replaced with a new five-storey, 3,000 square meter office building, with garden roof. The Barr Gazetas web-

site says 'our carefully detailed 5 storey brick new build provides the best office floor plates with a reimagined structural grid and the best daylight possible.' Work is due to start in January 2018 and the project is due to finish in early 2020. The work will happen around current tenants, such as Top Gear spin-off 'The Grand Tour' creators and Heston Blumenthal's kitchen equipment company.

# Free scoop to celebrate National Ice Cream Month



The Fuller's Kitchen 'Inside Scoop' double-decker bus is travelling back to West London and residents can get their hands on some unusual flavours between Friday 28 and Sunday 30 July. The bus has been touring across the UK, and is currently moving down to Hampshire before returning to West London. Fuller's Kitchen ice cream is made with 100% Buffalo milk from Laver-

stoke Park Farm in Hampshire. Locations: Friday 28th - In Kensington and Fuller's Brewery in Chiswick Saturday 29th - In Prince Blucher and The Cabbage Patch in Twickenham and Drayton Court in Ealing Sunday 30th - In Battersea Park and Fulham, in Hammersmith & Frank Banfield Park and the Blue Boat in Hammersmith There will be the opportunity to

board the bus and relax on the deck or sit in some sun loungers within the Fuller's Kitchen garden area. Classical flavours like vanilla, chocolate and strawberry will be there, along with some more unusual flavours include Brewer Street coffee, cinnamon, cardamom, Earl Grey, orange chocolate chip, raspberry ripple, mint chocolate chip, apple sorbet and raspberry sorbet.

# Local events to celebrate London Rivers Week

Hounslow Council have announced a series of events to celebrate London Rivers Week. The week initiative will happen between Monday 26 June and Sunday 2 July, occurring right across the borough. London Rivers Week aims to inspire people to take pride in our waterways, understand the challenges they face and come together to create a healthy future for our rivers. The event, run by the London Rivers Restoration Group on behalf of the Catchment Partnerships in London (CPiL), will allow people to discover how Hounslow's rivers link open spaces together. Aside from the River Thames, rivers in Hounslow include the River Crane, River Brent, Upper Duke's and Lower Duke of Northumberland's River, Longford River, Lower Feltham Brook and Felthamhill Brook. They are home to water voles, birds like kingfishers, bats and many species of fish. In the past, the rivers would be the only source of energy for industrial activities. Hounslow's water mills employed hundreds of local residents and its production

included: flour, gunpowder, linseed, and copper plate. Councillor Samia Chaudhary, Cabinet Member for Green Policy and Leisure, Hounslow Council said: "Hounslow's rivers provide some of the most tranquil places in the borough for people to walk and enjoy the local wildlife. People can also spot evidence of the local rivers' industrial heritage. "We should all be proud of our local rivers and be inspired during London Rivers Week. Residents can celebrate our local rivers and the many projects that are taking place across the borough to connect people with their local communities." To find out more about local Hounslow river events, contact the Friends of the River Crane Environment at www.force.org.uk For more information about the week, contact Thames21 at www.thames21.org.uk/londonriversweek



Image: Thames21

# More support needed from NHS for deaf patients



The UK's largest hearing loss charity, Action on Hearing Loss (formerly RNID), is urging health practitioners for better communication support for deaf patients. This comes after a new report about NHS England, published on 21st July, found that half of patients did not notice any improvement in getting accessible information from NHS services. The report is a post-implementation review of a law - the Accessible Information Standard - that came into force on 1st

August 2016, which NHS and social care is legally required to follow. According to NHS England, the standard aims to 'make sure that people who have a disability, impairment or sensory loss are provided with information that they can easily read and understand and with support so they can communicate effectively with health and social care services'. This can include 'making changes to policy, procedure, human behaviour and, where applicable, electronic systems'.

They need to make sure that 'contracts, frameworks and performance-management arrangements with provider bodies enable and promote the Standard's requirements'. The report found that, when asked 'Over the last 6 months, have you noticed any improvement in getting accessible information or communication support from NHS services?', 680 respondents (52.7%) replied that they had not noticed any improvement.

## The Chiswick Herald

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# H&F Council announces £20million fire safety package

Following the Grenfell Tower fire last month, H&F Council has been reviewing fire safety across the borough of Hammer-smith and Fulham. "The fire in Kensington has made one thing clear – just meeting minimum fire standards is not enough," says Council Leader, Cllr Stephen Cowan. "The regulations are clearly not good enough so we will be going above and beyond what is required."

"We want our residents to know that we care deeply about their safety, we understand their concerns, and we will do everything it takes to keep them safe."

"All councils need to do more to make sure tenants' and leaseholders' homes are safe. We've got work to do here - that's why we've developed an H&F Fire Safety Plus programme to make sure our properties meet higher standards. And we've set aside £20million to pay for it."

"Tenants and leaseholders have been working with us to shape our Fire Safety Plus package," adds Cllr Cowan. "We've been visiting estates and hearing residents' concerns and suggestions for improving fire safety – and we're acting on that with a massive programme of works."

The H&F Fire Safety Plus package includes:

Sprinklers in tower blocks

A drawing up of specifications for each block where sprinklers would help improve safety.

Replacement of concierge staff  
Replacing concierge staff at Edward Woods and Charecroft estates and will look at doing the same at other estates where concierge staff have been removed in the past.

Better fire assessments  
Independent experts reviewing fire safety in all communal blocks. Current standards don't require these assessments to check the outside of the building – cladding and external panels are not usually checked.

Safety checks for every council high-rise home  
Offer every council high-rise resident an individual safety check visit.

Free replacement appliances  
If, during a safety check, white goods are found (washing machines, fridges, tumble dryers etc) that fail PAT safety checks, they will be replaced with a brand new one - for free.

New fire doors  
If, during a council safety visit, the external fire door to a tenants' or leaseholders' flat doesn't

meet safety standards, it will be replaced within a 60-minute fire resistant door for free.

Free heat detectors  
Installation free heat detectors and check any detectors or alarms to make sure they're working properly.

Free plug adaptors  
The London Fire Brigade advise residents not to use the cube-style plug adaptors. They say the linear adaptors with circuit breakers built in are safer. So we're offering to exchange any tenant's or leaseholder's cube-style plug adaptors for a free, safer extension lead.

A new resident advisory group  
One of the main lessons from the Kensington fire is that councils should do more to listen to residents and act on their concerns. In addition to letters and the listening sessions on estates over recent weeks, the council will be setting up a residents' advisory group on fire safety, to work with us on our improvement plans.

Fire safety plus booklets  
Detailed Fire Safety Plus booklets will be sent to all tenants and leaseholders with details of the plan above and things people can do to keep themselves and their families safe.



# Murder, rape and kidnap: two men appear at Old Bailey



Two men appeared at the Old Bailey, charged with kidnaping, rape and murdering two victims. Mujahid Hussain (aka Arshid), was charged on Sunday 23rd July with the murder, rape and kidnap of 20-year-old Celine Dookhran. Miss Dookhran's body was found at an address in Kingston on Wednesday 19th July. Formal identification took place on Monday 24th July.

A post-mortem examination carried out at Kingston Mortuary on Friday 21st July, gave cause of death as an incised wound to the neck. Miss Dookhran's family are being supported by a family liaison officer. Hussain was further charged with the rape, attempted murder and kidnap of a second victim, a woman aged in her 20s. Vincent Tappu, 28, from Ealing was charged with the kid-

nap of Miss Dookhran and the second victim. They both appeared at the Old Bailey on Wednesday 26th July for a preliminary hearing. No pleas were entered, but a trial date has been set for Wednesday 17th January 2018. A 29-year-old woman arrested on suspicion of assisting an offender in relation to this case was released under investigation on Thursday, 20 July.

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## Dukes Meadows wins Green Flag Award



Several parks across Ealing and Hounslow boroughs have been awarded Green Flag awards for 2017, including Dukes Meadows in Chiswick.

The Green Flag Award is an acknowledgement of a well-managed, clean and safe park. It acts as a benchmark standard for the green spaces.

West London has gained a reputation

for green spaces and being a lush sub-urban retreat from the bustle of central London.

The parks act as local communal space to play, exercise within and enjoy peaceful rest time.

Notable parks among the areas awarded are:

In Ealing – Walpole Park, Hanwell Cemetery, Pitzhanger Park, North Acton Playing Fields, Kew Green

and Acton Park

In Hounslow – Beaversfield Park, Lampton Park, South West Middlesex Crematorium, Crane Park and Church Road Allotments, Dukes Meadow

For all winners, view the interactive map at <http://www.greenflagaward.org/award-winners/>

Award ceremonies will take place in Hull, Derby, Reading and Watford.

## Petition launches to reveal secret NHS plans

A new petition has been launched on the Speakout 38 Degrees, a community change organisation.

The petition asks for the NHS plans to be revealed, and addresses all MPs in North West London, including:

Andy Slaughter MP, Barry Gardiner MP, Bob Blackman MP, Bob Neill MP, Bob Stewart MP, Boris Johnson MP, Dawn Butler MP, Mark Field

### Obituary:

#### Richard MaClagan Dodwell

Passed away at home 12th July 2017 aged 86. He will be very sadly missed by all his family and friends. A funeral service will be held at Chiswick New Cemetery Chapel, Stavely Gardens, Great Chertsey Rd, Chiswick W4 2SJ on 2nd August 2017 at 2pm.

Family flowers only please. For funeral enquires please contact W. Sherry & Sons Funeral Directors 227 Acton Lane W4 5DD. Phone number 02089945474.

MP, Gareth Thomas MP, Jo Johnson MP, Karen Buck MP, Greg Hands MP, John McDonnell MP, Nick Hurd MP, Rupa Huq MP, Ruth Cadbury MP, Seema Malhotra MP, Virendra Sharma MP, Stephen Pound MP and Emma Dent Coad MP.

The petition asks for two main things:

'Our NHS belongs to all of us. It's too important for rushed, secret plans with no option but to cut services and close hospitals.

We ask that you:

1) Ask Jeremy Hunt, the Secretary of State for Health, to reveal the details of the 'capped expenditure process' (CEP) for North West London.

2) Ask Philip Hammond, the Chancellor, to give local NHS areas extra funding so that decisions to change local services are based on what's best for patients, not simply to plug a funding gap.'

The reason behind this petition is stated as 'Health Minister Jeremy Hunt is about to sign off secret plans to force changes to local NHS services. And it's all just to cut costs.

The plans could mean cuts to hospi-

tal beds, selling off hospital land and cutting NHS staff.

'The plans - called a "capped expenditure process" - are being finished right now. Because the plans are secret it's hard to say exactly which services in our area could be at risk. But the scale of the threat is clear - NHS bosses have been told to 'think the unthinkable' for these plans.

'The best way to stop these cuts is to get them out in the open and demand that our NHS is funded properly. So please can you sign the petition now, asking your MP to stand up for the NHS in North West London?'

The petition currently has over 4000 signatures, and requests a target of 10,000 signatures. The petition can be found at: <https://speakout.38degrees.org.uk/campaigns/reveal-secret-nhs-plans-for-North-West-London>

## Jane Austen star of Chiswick Book Festival



Jane Austen will feature at this year's Chiswick Book Festival

The Chiswick Book Festival will feature an 'evening of Jane Austen', to celebrate 200 years of her work. This follows news of the author featuring on the new £10 note, announced by Bank of England governor Mark Carney.

Local Chiswick residents and Jane Austen scholars will come together at the launch event on the 14th September, at Chiswick House and Gar-

dens (Burlington Pavillion).

Scholars will include Paula Byrne (The Genius of Jane Austen), Helena Kelly (Jane Austen, the Secret Radical) and Dr. Esme Whittaker, curator of Chiswick House.

The annual festival has been running for the past eight years and has raised over £60,000 for reading charities and St Michael & All Angels.

It has been announced that Chiswick

residents attending and speaking at this year's festival include Clare Balding, Laurence Rees, Tom Mangold, Cathy Rentzenbrink, Deborah Cadbury and Jeremy Vine.

The full programme and tickets will go on sale shortly at the end of July. For updates on the event, see the events listing at <http://www.chiswickbookfestival.net/>

## Housing ladder being kicked away from the young, says Rupa Huq MP

Since the Grenfell disaster the issue of housing across the UK and particularly London has been brought into sharp focus.

Westminster Hall recently hosted a debate on Housing Supply in which the MP for Ealing Central and Acton, Dr Rupa Huq, presented figures which highlighted the acute housing problem affecting the borough of Ealing.

Using figures from the House of Commons Library Dr Huq pointed out that home ownership in Ealing was a mere 46% compared to a 64% nationally and that "the average price a first-time buyer pays in the London Borough of Ealing is £490,421, on an average salary of £27,000." Figures which the MP argued induced a feeling from young people that the "housing ladder is being kicked away from them".

These figures identified and presented to the debate by the MP are indeed troubling for residents of West London. Mortgage lenders will lend at different in-

come multiples depending on the circumstances of the individual. An income multiple of 4.5 is approximately the maximum at the moment. This would mean that a single person on £27,266 per annum could get a mortgage worth £122,697. A figure which is less than a quarter of what is needed to get a foot on the housing ladder in the borough of Ealing.

Dr Huq went on to describe the cost of private rent in the borough as "punitive" and further cited the problem of retention in the teaching profession for schools across West London. Dr Huq MP told the debate... "I do a lot of school assemblies, and every school I go to says that it has recruitment problems because people cannot afford to stay in west London. The schools can get good trainee teachers in their 20s, but the minute those people want to put down roots, they are off to Milton Keynes, Slough or wherever the nearest affordable place is"



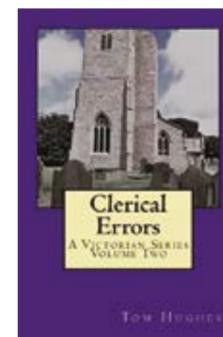
In a boost for the Borough of Ealing London Mayor Sadiq Khan announced, on the 13th of July, that 1,823 new affordable homes are to be built in Ealing. Of this number, part of 50,000 announced by the Mayor across London, two thirds will be set aside for first time buyers and the remaining third set at social rent levels. Dr Huq cited the number to be built in Ealing and pushed the Government to "commit to social rents" in the same manner as the London Mayor as this could go some way to "counteracting the feeling of many young people that the housing ladder is being kicked away from them"

Left: Labour's Rupa Huq MP

## A CLERICAL LOTHARIO Scandal in Victorian Acton recalled in new book

The Rev. Turberville Cory Thomas, a man singular in name and in appearance, was a popular curate at St. Alban's, Acton Green. A Welshman by birth, he'd come to Acton in 1898 after several years as a clergyman in Canada and America. He quickly made himself invaluable to the vicar, the Rev. Bernard Spink, who praised him as conscientious and declared him a personal friend.

Until the day he fired him. Two spinster sisters had gone to the vicar claiming Cory Thomas had relentlessly tried to seduce them. Spink was staggered by what he called "a plot hatched in hell." The curate insisted it was all "malicious tittle-tattle" but he was given the sack and Spink vowed he would never find church work again. Cory Thomas filed a libel action



which came to court in London amidst the great mourning that followed the death of Queen Victoria. In a city draped in crepe, one newspaper declared the only other story that mattered was "the great clerical libel suit." The story of the Rev. Cory

Thomas - he of the handsome "dagger moustache," is told in the newly published book, Clerical Errors - A Victorian Series, Vol. 2. The author, Tom Hughes, is a retired journalist who has been passionately collecting the stories of Victorian clergymen who found themselves sideways in their personal lives. "It's easy to see why the public delighted in this story," Hughes believes, "with all the mysterious veiled witnesses (Miss O and Miss Y) and their evidence of secret lunches and dubious hotels in the Euston Road." The courtroom process is revealed in interesting period detail and builds to a very real question of the fairness of the verdict. Clerical Errors - A Victorian Series, Volume 2 is available exclusively through Amazon.co.uk and Amazon.com.

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## Adult social care: Ealing council one of the worst performers



A report in early July by the Care Quality Commission (<http://www.cqc.org.uk/>), who regulate and inspect health and social care services in England, has shown that Ealing Council is one of the worst performing local authorities when it comes to provision of adult social care.

Lib Dem Councillor Andrew Steed said: "Liberal Democrats

believe that providing adult social care is one of the most important areas that the Council is involved in. With an aging population the government needs to stop making cuts to these services, but Ealing Council needs to make sure that the money it spends is helping those residents who need care the most."

## Councillor welcomes school budget boost

Councillor Robert Oulds, the Conservative Education Spokesman on Hounslow Council has welcomed the announcement that there will be an additional £1.3 billion for schools' funding over the next two years – helping to support the increasing demands on Hounslow's schools. Education Secretary Justine Greening has announced this week a further boost to the schools' budget that will continue and sustain the delivery of the biggest improvement to the school funding system for over a decade.

This additional funding will mean an increase in the amount available to be spent by individual schools on every pupil and protect the funding for those pupils with special needs.

Almost all Hounslow's secondary schools are now Academies and Free Schools and are therefore directly funded by Central Government via the funding formula. Hounslow's schools continue to perform exceptionally well in both national and



Councillor Robert Oulds

London regional league tables. Councillor Robert Oulds commented, "The Conservatives remain committed to ending the postcode lottery of school funding – so all children receive the education they deserve, wherever they live.

"Today's announcement sends a

## West London's College achieves celebration of success FE Awards



Image of the winners, courtesy of Ealing, Hammersmith & West London's College

A total of 65 students from the four colleges making up Ealing, Hammersmith & West London's College (EHWLC) have achieved the Celebration of Success FE Awards.

These awards recognise the achievement, work ethic and courage for overcoming adversity. Students recognised include

actor, comedian and social media star, Tolu Ogunmefun – who reminded students in a speech about the importance of persistence and doing what you love: "Being here is really amazing, the energy from the students and the look on the faces of the students receiving their certificates was overwhelming and inspira-

tional. Awards like this are very important to encourage students and inspire new people coming into College."

Also noted was the College apprenticeship employees, Hillingdon Autistic Care & Support Limited and Bouygues UK for their stellar job in helping to

provide bright futures for some of our students.

The evening included the presentation of the awards for Student of the Year and Apprentice of the Year, which were presented to Access to HE student Louise Fyfe-Taylor and plastering apprentice Lee Vowles.

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## Gunnersbury Triangle keeps Green Flag

Gunnersbury Triangle in Chiswick has again been recognised as one of the best green spaces in Britain after retaining its Green Flag Award.

The nature reserve is among a record-breaking 1,797 parks and green spaces in Britain that are today receiving a prestigious Green Flag Award, the mark of a high-quality green space.

This international award, now into its third decade, is a sign to the public that the space boasts the highest possible environmental standards, is beautifully maintained, and has excellent visitor facilities.

Netty Ribeaux, Gunnersbury Triangle's Conservation Officer, said: "We are absolutely delighted that Gunnersbury Triangle has again won a Green Flag Award. We know how much high-quality green spaces matter to Londoners, and this award celebrates the dedication that goes into making the Triangle such a wonderful place to visit." Four other Trust reserves have won Green Flags, Crane Park Island in Twickenham and Yeading Brook Meadows in Hillingdon borough were again given Green Flags, while Woodberry Wetlands in Hackney won its first-ever award. The Centre for Wildlife Gardening in Peckham won a Green Flag Community Award.

International Green Flag Award scheme manager Paul Todd said: "We are delighted to be celebrating another record-breaking year for the Green Flag



Award scheme. Each flag is a celebration of the thousands of staff and volunteers who work tirelessly to maintain the high standards demanded by the Green Flag Award. The success of the scheme, especially in these challenging times, demonstrates just how much parks matter to people."

Gunnersbury Triangle is free to visit at all times. It is hosting a summer open day this Saturday from 1pm-4pm, when there'll be a series of family-friendly wildlife and nature activities taking place. For more information go to: [wildlondon.org.uk/events/2017/05/31/gunnersbury-triangle-summer-open-day](http://wildlondon.org.uk/events/2017/05/31/gunnersbury-triangle-summer-open-day)

## Chiswick Auctions expands to South Kensington

In September, a new Chiswick Auctions' showroom will open in South Kensington, provide clients with a central London access point to this West London auction house.

At the new branch, there will be highlights of forthcoming sales, a personal valuation service, live streaming of auctions, and a one-to-one telephone live bidding service.

Director, Leigh Osborne said:

"The new branch is an extension of all that Chiswick Auctions is about. We're an accessible, dynamic auction house providing buyers and sellers with a complete client service and full range of selling options."

Managing Director, William Rouse, added that the new showroom helped to highlight the strong values held by the original establishment:

"The talent and passion of our

experts lies at the heart of our company and enables us to sell objects from a range of specialisms at appealing prices."

There will be access the 18 Specialist Departments and the auction calendar will hold 180 sales per year.

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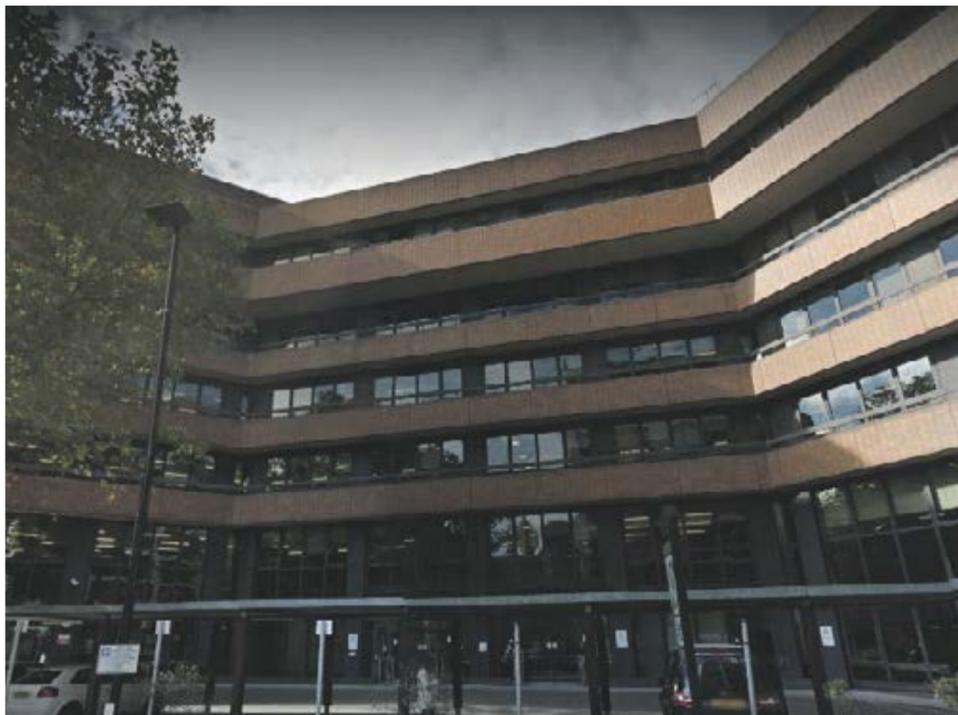
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# Partner announced for new Ealing Council HQ

On Tuesday, 11 July, Ealing Council's cabinet selected preferred partner, Galliford Try, to take forward plans for the redevelopment of its headquarters building, Perceval House, into housing and council offices. The council agreed in 2015 that they would start a selection process to find a partner to work with for the redevelopment, which would have meant more affordable homes, a new library, a modern customer services centre and smaller replacement council offices. Galliford Try proposed to fulfil this plan at no extra cost to the tax payer for the 3.14 acres site. Aside from the hundreds of homes created, the scheme would include plans for new shops along Longfield Avenue and a small basement car park for both council and residential use. Leader of Ealing Council, Councillor Julian Bell, said: "Our offices are in a key town centre location, but at the moment we aren't making the best use of this important site.

"These plans will deliver much needed affordable homes in our town centre and also provide us with a brand new customer service centre and library, and a smaller, more modern and cheaper to maintain and run office block." The new civic offices would be on-looking Uxbridge Road, which means that the front part of Perceval House will be removed to allow work to begin. Council officers will continue to use the rear of the existing building until the new premises can be occupied. According to the plan, with the new offices complete, work on the rest of the old building would occur to enable the new housing development to be completed, and retail units to be built along Longfield Avenue. Further discussions will now take place this autumn, including detailed proposals, a full planning process and a statutory consultation with residents. A decision on the planning application will happen in summer 2018.

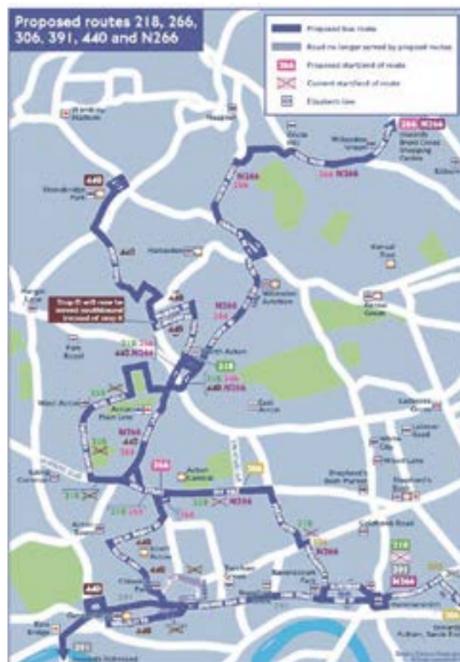


Perceval House on Longfield Avenue. Google/Streetview

# Elizabeth line bus changes proposed

A consultation for bus routes around Chiswick, Acton, Ealing, Southall and Hayes and Harlington will affect current bus journeys. The proposals aim to cater for new customer journeys after the introduction of the new Elizabeth lines and new developments. TfL are proposing to make changes to routes 95, 112, 120, 266, 391, 427, 440, E1, E3, E5, E10, H32,140, 223, 697 and 698, and introducing new routes 218, 278, 306 and X140. The routes directly impacting residents in Chiswick are the 440 and the 391. Route 440 will no longer serve Acton Green. Instead it would run directly between Chiswick Park station and Turnham Green church running via the southern end of Acton Lane, Chiswick High Road (Sainsbury's) and Heathfield Terrace. Route 391 - which serves Richmond and Fulham, Sand's

End serving Kew, Gunnersbury, Chiswick, Hammersmith Bus Station, Olympia, Fulham Broadway and Sand's End - is being restructured. TfL explains that this is because the route "suffers from poor reliability due to the large number of congested areas it serves. To help improve reliability, better match capacity to demand and create new links, we are proposing to restructure the route." The new proposed route for the 391 between Richmond and Hammersmith Bus Station, would no longer connect to Fulham. The frequency would be reduced to every 15 minutes Monday to Saturday daytime and every 20 minutes on Sunday and all evenings to better match capacity to demand. Here are the proposed changes viewed on maps:



# Problem-solving booths pop up on Tube

The Mayor of London and ThriveLDN has launched Problem-solving booths, as part of their campaign 'Are we OK London?' to support mental health campaign. Hounslow authorities took part by setting up problem-solving booths on the Piccadilly line on Friday 14th July. This campaign led by the London Health Board and Mayor of London, Sadiq Khan, is city-wide and aims to "raise awareness of mental health issues, challenge stigmas and encourage all Londoners to look after their mental wellbeing and facilitate improvements in care". Transport for London and Network Rail, British Transport Police and the Metropolitan Police collaborated to set-up the first booths in the borough of Hounslow on Friday. Participants met at Hounslow West underground station at 12 noon and travelled between Hounslow West and Acton Central, introducing the concept to the public. According to ThriveLDN, the problem-solving booths can be set-up anywhere, with two

chairs and some signs: 'Helper' and 'Helped'. It provides the opportunity for people, who don't know each other, to come together and talk through a mental health problem. Strangers can give advice or just have a conversation. Owls.org, a collaboration collective investigating the use of psychology in solutions, tried out the concept of a problem-solving booth in Camden Lock in 2016. Since then, they have partnered under ThriveLDN and operate as the 'hyper local arm'. For more information, read more on problem solving booths at <https://www.problemsolving-booths.com/> or view the campaign page at <https://www.london.gov.uk/what-we-do/health/london-health-board/thrive-ldn-improving-londoners-mental-health-and-wellbeing>



Image Courtesy Of ThriveLDN

# New salon at Kath Kidston site



Work is currently underway at the former Kath Kidston site in W4

A new hairdressing salon on Chiswick High Road will open in the next few weeks. According to builders the new business will open on the former Kath Kidston site at 125 Chiswick

High Rd, Chiswick, London W4 2ED.

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[www.fullers.co.uk](http://www.fullers.co.uk)

# Acton Carnival and Parade pulls in hundreds

A few rain drizzles didn't put off hundreds of people attending the largest annual event in Ealing Borough, the Acton Carnival on Saturday 15th July.

A parade started the colourful celebrations and included many members of the community, leading to a family-friendly festival in the park.

At 12 noon, groups including MPs, community groups, music bands, dancers and costumed members of the community, travelled from Woodlands Park on Crown Street, down Acton High Street to Acton Park.

Some people in the parade have been part of this celebration for many years. These included APPLE Arts, the Drummers of Dance Carib, Stardust, Dhol2Dhol, YSB Arts Youth Group, West London Trade Union Club and Stixman Sounds.

Nella Johnson, 34, organisers at APPLE Arts - which stands for Acton Park Play and Leisure Events, a charity group that provides free children's events in Acton Park - said, "We're joining in with Acton Carnival as we do it every year, because we



The rain didn't spoil the day

work within the local community so it's important to join in." New this year was 'Wheels and Wheelchairs', a group of skaters, roller-bladers and wheelchair users who take part in Paralympic events. Janet Richards, 51, attended, dressed in silver costumes made of recycled materials. The group has helped her to

get involved in things like the carnival parade again. She explained: "It's inclusive - I'm disabled, I have an artificial leg through Diabetes and when things like that happened, you think life is going to change enormously. This group has helped me get out and about and has kept me smiling."

As the parade got closer to Acton Park, onlookers were treated to seeing and meeting all the councillors and MPs for Acton, with the Mayor, positioned at the head of the procession. Councillor and Mayor of Ealing Borough, Simon Woodroffe, said: "This traditional English weath-

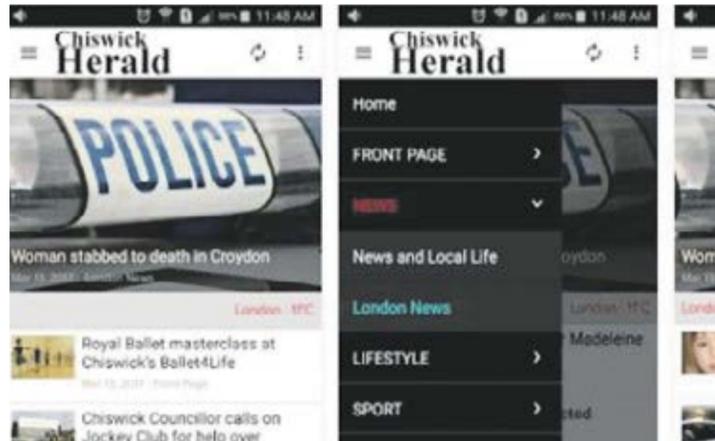
er isn't going to get anybody down, It's a great event, there's loads of floats behind us and determined to have a good time." Former Mayor and councillor for the Acton Central ward, Dr. Patricia Walker, came with her grandchildren. When asked about how many years she has been going, she said: "I've never missed it! It's really good. People are proud of Acton and they like the idea. It's one of the most vibrant areas of London."

Also close by was Ealing Central and Acton MP, Rupa Huq, councillor for South Acton, Mik Sabiers and Hitesh Taylor, councillor for East Acton. Rupa said that "the carnival is in the 15th year. It's a really nice communal event and a great family day out. Get on the bus and come on down!"

Hitesh added: "It adds to the colour of the high-street, there's a lot of enthusiasm and music and it's great that people dress up as well!" One of the visitors attending the carnival, Pamela Gornet-Lawson, has lived in Acton for 10

years. She said: "I love it. It's a real community here and it's a nice place to live. I'm from the North and I talk. And since the Grenfell Tower disaster, everybody is talking to each other - it has actually affected the community here." Due to the amount of visitors, safety is a key concern for all organisers and a clear police presence was visible throughout the parade and in the park grounds. Inspector Aaron Clarke, Acton cluster neighbourhood inspector for the Metropolitan Police, has been reaching out on social media to reassure people of the preparations for the event. He confirmed that, "our job is public safety and fighting disorder". "I'm responsible for the procession and the park event - we make sure that if people come to the carnival, they have a safe day and everyone has a good time. We have officers inside the event, inside the parade, neighbours co-ordinators, patrols and officers in the local areas."

# Introducing the Chiswick app



PWR Media, publisher of The Chiswick Herald, has launched the Chiswick App. Allowing users to upload news, events, recommendations and local info, the Chiswick in App is free to download for iPhone and Android platforms. Paul Williams, owner of PWR Media said, "The Chiswick

App's functionality is great - easy to use, straightforward and free. It will allow local residents to engage freely with our flagship title The Chiswick Herald and reach out to the community as a whole". All worthy uploaded news and info will also be duplicated online at [chiswickherald.co.uk](http://chiswickherald.co.uk) and

printed in the Chiswick Herald newspaper. Download the Chiswick App here: [https://play.google.com/store/apps/details?id=com.appstra.chiswick&hl=en\\_GB](https://play.google.com/store/apps/details?id=com.appstra.chiswick&hl=en_GB) <https://itunes.apple.com/us/app/the-chiswick-app/id1190470003?mt=8>

# Appeal following sexual assault in Richmond



Police in Richmond are appealing for information after a teenage girl was sexually assaulted. At around 10:10hrs on Monday, 17 July, as the 15-year-old victim walked towards Chertsey Road by Sr Margaret's Roundabout, she became aware of a man who began following her. He walked behind her along Winchester Road, Drummonds Place, and past Beaconsfield Road. As she reached Marble Hill Gardens, the suspect grabbed

her from behind and turned her around so she was facing him. The suspect then sexually assaulted her. He ran off after being disturbed by a member of the public who then called police. The girl was not injured. Following the incident, Local Neighbourhood Policing Teams have conducted extra patrols in the area. There have been no arrests and enquiries are ongoing. Officers are now appealing for any information that could lead them to the attacker, who

is described as a white man, aged approximately 50 years old, around 5ft 10in tall, and of medium build. He was clean shaven with short grey hair; he was wearing a light brown jacket and dark brown trousers. If you have any information that could assist the investigation, call police via 101 or Crimestoppers anonymously on 0800 555 111, or online at [crimestoppers-uk.org](http://crimestoppers-uk.org). Alternatively, Tweet @MetCC.

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Image Courtesy Of ThriveLDN

# Chiswick Police Station under threat of closure

The Mayor's Office for Policing and Crime and Metropolitan Police Service have released a Public Access and Engagement Strategy report that proposes several police station front desk closures across West London. The draft strategy for consultation confirms that the 'first priority is keeping Londoner safe'. It states there are cuts to police funding, and a 'further £400 million of savings over the next four years' is required. In addition, there is a move to 'direct resources' to targeted areas and emerging crimes, to provide 'the greater bang for Londoners' buck'. Sophie Linden, deputy mayor for policing and crime, and Cressida Dick, commissioner of the Metropolitan Police service write that the proposed changes will 'protect the front line and improve our response to the public' and believe that in 'many cases...we can replace a current offer which does not meet Londoners' need with a new one' that's more suitable.

The buildings affected are described as 'expensive to run', underused or no longer used. Some Buildings are used for back-office support activity. The offered solution brings together 'new online ways of reporting, more Dedicated Ward Officers in every community... and one 24/7 front counter in every borough'. It concludes that this proposed strategy 'represents a necessary and positive change for London'. The report proposes that certain police front desks be closed, as a reaction to the changes in crime reporting - 70% reported by phone compared with 8% of crime reported at front counters. These police front counters (and buildings) will be disposed of (Figures correct for May 2017): Ealing - reported 1.5 crimes recorded per day Southall - reported 2.9 crimes recorded per day Chiswick - reported 1.2 crimes recorded per day Front counters at Acton (3.2 crimes reported per day) and

Hounslow (5.3 crimes reported per day) will remain open. In addition to the closures, there will be buildings which will be disposed off or exited, across the two boroughs: In Hounslow: The blenheim center car park The Heston library partnership Cornish house partnership Civic centre hounslow partnership Feltham police station Hounslow bus garage part ground floor In Ealing: The Bilton centre (Perivale car park) Asda park royal partnership Greenford police station Europa business centre part ground floor Provident house first floor part Ashbourne parade 12 ground floor Taywood road 30 unit C5 Ground floor Sainsbury Melbourne avenue 2-14 part first floor Arches business centre unit 4 South ealing road 180



Northolt leisure centre The strategy asks a series of questions to the public, and asks for responds to the strategy, be-

fore 6th October 2017 - 5.30pm. You can do this by visiting [www.london.gov.uk/public-access](http://www.london.gov.uk/public-access) or emailing [consultation@mapac](mailto:consultation@mapac).

[london.gov.uk](http://london.gov.uk) There will also be public briefing sessions in each borough.

# Don't miss out! 30 hours of FREE childcare for three and four-year-olds



From September 2017, three and four year olds in Hounslow will be eligible for an additional 15 free hours of childcare each week. To qualify where both parents are working (or the sole parent in a lone parent family) they must:

- have a weekly minimum wage equivalent to 16 hours at national minimum wage (NMW) (for under 25 year olds) or national living wage (NLW) (if over 25 years old)
- have an income of less than £100,000 each per year (Parents who are non-EEA nationals must have recourse to public funds to qualify)

If a parent (or their partner if applicable) is on maternity, paternity or adoption leave, or if they are unable to work because they are disabled or have caring responsibilities, they may still be eligible.

The 30- hour places will be offered in some school nursery classes, private day nurseries and pre-school playgroups and also with some childminders across the borough. It is the decision of the childcare provider as to whether they will deliver the 30- hour entitlement.

For more information and a list of childcare providers planning to offer childcare places in September 2017 visit the Hounslow Family Services Directory.

Please note that if eligible parents would like their child to start receiving the 30 hours free childcare from this September, they must first apply by visiting [www.childcarechoices.gov.uk](http://www.childcarechoices.gov.uk) Parents must then take their eligibility code to their childcare provider by the end of the current school term or by 31 August if their provider is open all year round.

Councillor Tom Bruce, Cabinet Member for Education, Children's Services and Youth Services, Hounslow Council, said: "Good quality childcare can help your child make friends, improve their speech and language, learn new things, prepare them for school and allow them to take part in exciting new activities."

"We are committed to providing every child in Hounslow with the best start in life so I would encourage all parents and carers with a three or four-year-old to take advantage of this new free childcare and early education offer."

For further information on the 30 hours free childcare please email [fis@hounslow.gov.uk](mailto:fis@hounslow.gov.uk) or call 020 8583 3470.

# Applications open to bid for Hounslow's new special free school

Hounslow Council has been approved to create a new special school through the free school process.

The new school development will be located on Hanworth Road, Hounslow, on a site already owned by EFSA (Education and Skills Funding Agency). It will have a social emotional and mental health area of expertise and will serve the secondary school age-group.

It will meet demands for more school facilities for pupils with special educational needs and disabilities across Hounslow. Organisations ranging from successful Multi-Academy Trusts to specialist charitable organisations can now apply to the Council, setting out how they will be able to meet the specification for each project.

The requirements for bids have

been developed, in conjunction with the Department for Education, to ensure it meets the needs of the local community and provides much needed places for SEN [Special educational needs and disability] pupils.

More than 1,600 new special free school places will be created across England as 19 local authorities invite applications. In Hounslow, the majority of dedicated SEN places continue to be provided by special schools.

The key elements of the selection process are set out in the specification document and application forms are available to download through [www.hounslow.gov.uk/freeschoolcompetition](http://www.hounslow.gov.uk/freeschoolcompetition)

Councillor Tom Bruce, Cabinet Member for Education, Children's Services and Youth Services,

Hounslow Council, said: "Free schools are currently providing good places right across Hounslow.

"Due to the continuing rise in demand, I would urge specialist organisations to apply in order to help us increase our provision and meet the needs of the community."

The proposal for more free schools is part of central government's commitment to delivering an ambitious free schools programme that provides choice, innovation and higher standards for parents.

Since 2015, central government has committed £5.8b billion of basic need funding to deliver the school places needed, by 2020.

The closing date to submit your bid is 12 noon on Friday 24 November, 2017

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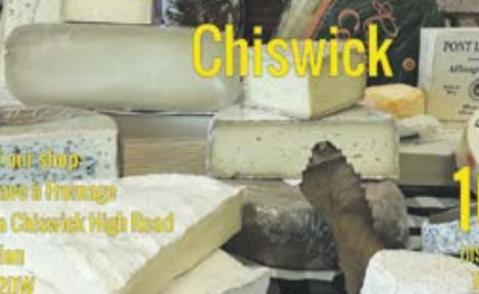
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# Council to provide more accessible bike parking

A new initiative will provide more bike parking facilities to cyclists in three new ways:

- 1) Discounted 'Smile' wall-mounted anchors secure bikes to the outside wall of a property and can be used with leading-armoured cables, 'D' locks and chains. Usually £35, the Council is providing them for Hounslow residents for just £5 – visit [www.bikebracket.co.uk](http://www.bikebracket.co.uk)
- 2) If option 1 can't work as there is not enough space for a wall anchor, you could get a bike-hanger installed to provide undercover and enclosed areas for bikes. There needs to be agreement from those living in the residential road - A minimum of four residents need to commit in writing to using it, paying a £25 key deposit and annual maintenance costs of £72 for each space.
- 3) If options 1 and 2 can't work, a 'Sheffield' stand can be installed on the road or in an area in the street that residents feel would be best suited.

The Council is also extending its successful estate cycle parking programme for another year. This installs secure and weatherproof cycle parking facilities on council, private housing and housing association estates.

Councillor Amrit Mann, Deputy Leader of Hounslow Council, said:

"We want to encourage more residents to cycle and for those who do already, to have as many facilities as possible to park their bicycles securely in and around where they live."

"Our commitment is to help residents enjoy being as active as possible so that they can be healthy and happy. The cycle



parking programme will help residents have peace of mind in keeping their bikes safe and it will hopefully lead to more people of all ages cycling and to get out and about in the borough."

For applications to each of the three options, contact the Traffic Team on [traffic@hounslow.gov.uk](mailto:traffic@hounslow.gov.uk)

[https://www.hounslow.gov.uk/news/article/257/hounslow\\_council\\_encourages\\_residents\\_to\\_use\\_two\\_wheels\\_for\\_short\\_trips](https://www.hounslow.gov.uk/news/article/257/hounslow_council_encourages_residents_to_use_two_wheels_for_short_trips)

ing programme will help residents have peace of mind in keeping their bikes safe and it will hopefully lead to more people of all ages cycling and to get out and about in the borough."



## Do MPs really have 9 weeks holiday?

Schools have broken up, and so has Parliament, for six weeks now and then another three weeks "conference break" in September. The tabloid press have a tendency to rubbish us for our long "holidays", and like all MPs I expect to spend much of the time working. There's no doubt that the pace

of work is far more manageable at these times than the long and frenetic Parliamentary day, where MPs are often expected to be in four places at once and I always feel I'm running to catch up. Recess gives me more time to meet people locally and at sensible times to catch up on what local issues I can bring to Parliament in the autumn or to use my role to act as a point of liaison. With my office team we can also spend time to do some forward planning.

I'm writing this less than a week since Parliament rose, and I have already met the new Chief Exec of Shepherds Bush Housing and discussed the pressures on policing with the Borough Commander. I've been briefed on local health issues by Hounslow Healthwatch before meetings later on with the Chief Executives of the hospital and the mental health trust. I enjoyed a good discussion with young Labour party members, and caught up on Brentford issues with Cllr Guy Lambert. British Cycling held an excellent seminar this week on encour-

aging more women to cycle, an event I wouldn't normally have time to attend outside of Recess. I'm looking forward to a couple of opportunities that might just have come my way just because I'm an MP – visits to the Earls Court station tube control centre where I'll learn more about the plans for the Piccadilly line to stop at Turnham Green, and to the Tesla electric car showroom where I may be allowed a test drive!

And as long as I get half way down my To Do list, and write my column for the next edition of Chiswick Herald, I will have a couple of weeks holiday. But even chilling in rural France, I know I won't get away from the day job. The implications of Brexit will mean a bigger hit on our wallets and no doubt trying to explain to puzzled French people why Britain voted to leave the EU.

With best wishes for a very restful summer holiday

Ruth

With best wishes for a very restful summer holiday

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Ruth

# Funds for Hounslow Council to continue removal of rogue landlords

Hounslow Council has received a boost of grant funding totalling £281,414 in its work to further crack down on rogue landlords. The money from central government's Controlling Migration Fund will be used on tackling landlords who rent out poor quality, over-crowded and dangerous accommodation.

Complaints from tenants and residents about nearby illegal or unsociable housing in the private rented sector have doubled in the last three years, with complaints focussing on overcrowding, noise, refuse, parking and crime.

The funding will:

- \* provide a pro-active housing enforcement team for 12 months to tackle rogue landlords;
- \* support tenants in their dealings with rogue landlords about illegal evictions, rent deposit retention and harassment;

support the London Landlords Accreditation Scheme.

The 2011 Census identified 57,600 migrants living in Hounslow. Most are young people who live in flats or multiply occupied houses and are often exploited by rogue landlords.

Councillor Steve Curran, Leader of Hounslow Council said:

"These funds will help us to go further in the work we do to tackle unscrupulous rogue landlords who rent out unsafe, illegal and overcrowded properties. We want to let them know it is not acceptable. They are a blight on our communities."

"This money will be used to tackle issues to ensure we can carry on the work we're doing."

"Our aim as always is to look to improve the quality of life for all our residents by providing through our services, safe, warm and affordable housing in the

private housing sector as well as council-owned properties.

"We know there are those landlords taking advantage of the demand for housing and our aim is to reduce rogue landlord activity, continue to bring properties up to legal standards and provide further opportunities for tenants to find suitable and safe places to live."

To report rogue landlords and illegal outbuildings or any concerns you may have, please email [Housing.Enforcement@hounslow.gov.uk](mailto:Housing.Enforcement@hounslow.gov.uk) or call 020 8583 3871.

# EAT DRINK & BE MERRY 2017

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# Plans for new homes and council offices move forward



Ealing Council's cabinet has selected Galliford Try as the partner to take forward plans for the redevelopment of its headquarters building. The plans for the redevelopment of Perceval House will provide a new housing development and replacement council offices. In 2015 the council agreed to commence a selection process to appoint a partner to work with on redeveloping the site at 14-16 Uxbridge Road. If approved the scheme would provide hundreds of much needed homes, alongside a new library, modern customer services centre and smaller replacement council offices. The preferred partner, Galliford Try, proposes to provide council offices, a library and a customer service centre in a single new building with the frontage on Uxbridge Road, at no cost to the tax payer. The outline plan includes hundreds of new homes to be built across the rest of the site, including much needed affordable housing. The scheme will also include new shops along Longfield Avenue and a small basement car park for both council and residential use.

Relocating the new offices to the front of the site will complement other office developments in the immediate area and create a civic focus adjacent to the listed Town Hall. It will also enable the new council offices to be co-located with the proposed library and customer services centre. Leader of Ealing Council, Councillor Julian Bell, said: "Our offices are in a key town centre location, but at the moment we aren't making the best use of this important site. "These plans will deliver much needed affordable homes in our town centre and also provide us with a brand new customer service centre and library, and a smaller, more modern and cheaper to maintain and run office block." In order to construct the new civic offices fronting Uxbridge Road it will be necessary to remove the front part of Perceval House to provide the space to begin construction of the new building. Under the plans council officers would continue to use the rear of the existing building until the new premises can be occupied. At the same time as the new civic building is be-

ing built, work would begin on the new homes at the rear of the site. Once the new offices are complete, the rest of the old building would be demolished to enable the new housing development to be completed and retail units to be built along Longfield Avenue. The Perceval House site extends to approximately 1.27 ha (3.14 acres). It backs on to the Great Western main line and is bordered by Longfield Avenue to the east and Uxbridge Road to the south. Following cabinet approval of the choice of preferred developer, further discussions will take place and the proposals will be drawn up in more detail and will go through a full planning process, which will involve statutory consultation with residents. Detailed design will begin in the autumn with a decision on the planning application not expected before spring 2018. All cabinet decisions are subject to call in for a period of five working days from the date of publication of the minutes of the meeting.

# Building futures for young residents



Ealing Council has won £1.6 million from the Department for Education 1 to expand its creative new approach to help young people with complex learning and behaviour needs. Aimed at young people aged 11 and above and their families, the project, called Building My Future, will build on the council's nationally recognised - Intensive Therapeutic Short Break Service. The new funding will allow multi-agency teams to work with more young people to provide early identification of those with potentially complex needs, to work with them and their families to put tailored responsive services in place. It is expected that this approach will reduce the risk of residential and day special education placements, improved health and mental health and successful transition to adulthood. Councillor Binda Rai, cabinet member for children's services said: "Young people and their parents tell us that by working with them we can design services that really meet their needs and better equip them to have successful independent futures. "This funding allows us to develop creative new approaches that will manage demand and reduce the need for expensive residential health and social care and specialist school placements." Robert Goodwill, Minister for Children and Families, said: "Through the Innovation Programme, we continue to fund exciting and pioneering projects that look to shake-up our traditional approach to social care. "Together they proffer a broad and balanced portfolio which both test new innovations, and scale and spread those that have been successful in Round One of the programme. "I am delighted that we have supported this project, and look forward to continuing to hear about its great work in the future."

# Councillor McGregor honoured to be Chiswick champion



Councillor Gerald McGregor

Councillor Gerald McGregor of Chiswick Homefields ward is once again the Chiswick Champion. Upon his election at this month's Chiswick Area Forum, he said, 'It is a great honour once again to be Chiswick's Champion and Vice Chair of the Chiswick Area Forum.' He added, 'I shall use my term of office for the benefit of Chiswick, boosting our profile and ensuring businesses want to come here and flourish. In addition, I want to do all I can to help local community groups and charities with their work and help residents with any new ideas they have for Chiswick'. The role of "Community Champion" involves taking a leading role in promoting the local area as well as promoting the local Area Forum and supporting the creation of ac-

tive citizenship within the area, fostering local community pride and cohesion. Furthermore, the local community champion must respond to local priorities and bring together public and third sector partners to achieve solutions. Adding "co-opted members" to the Forum is also a key priority. 'Having been Lead Member for Finance when in control of Hounslow Council between 2006 and 2010 and also a qualified chartered accountant, I know what it means to manage a budget and spend money wisely. I also am experienced in sound decision making and will use my role to advance the interests of all those living in Chiswick', commented Councillor Gerald McGregor. Councillor McGregor plans to focus on key issues and priorities in Chiswick which include: Dukes Meadows, Air Pollution, Trade and Business as well as the management of our streets by Hounslow Highways and the Waste and Recycling Collection. He concluded, 'If any resident in Chiswick has an issue to raise with me, no matter how large or small, please get in touch either by emailing me at: gerald.mcgregor@hounslow.gov.uk or else phone on 07866 784 821'.

# 20 Storey Skyscraper for Ealing Broadway under Labour's Plan

A 20 storey skyscraper will replace Ealing's Council's current civic site - Perceval House, under plans to be approved by the Labour Administration on earlier this month. The Cabinet paper hails the selection of Gillard Taylor as the preferred development partner, and notes, that "their design solution exceeds the councils expectations based on a solution that was not previously considered possible." The Cabinet Paper also states that "The height and massing of the design cre-

ates limited intrusions above the roof line of the Town Hall." Cllr Greg Stafford, Opposition Leader said: "Only Labour would seek to plonk a 20 storey skyscraper in the middle of Ealing Broadway and claim that it would only create limited intrusions! This is the height of madness and arrogance, that is so characteristic of Ealing Labour. To think that they are also keeping in reserve, a developer who initially wanted to put in a 26 storey skyscraper, but have

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# House price reductions indicate slow market in local boroughs

Data research covering July 2017, conducted by estate agents HouseSimple.com, shows Ealing and Hounslow boroughs are among the third of all London Boroughs that have listings with price reductions.

According to the research that looked at statistics on Zoopla for all 32 London Boroughs, during July 2017, 35.3% of properties currently on the market, across the capital, have had a price drop.

In particular for July, Ealing and Hounslow boroughs had over a third of their listings reduced in price. Ealing had a total of 1031 (37.9%) listings reduced, while Hounslow had 717 (42.3%) listings reduced.

These figures are higher than results for the month of February 2017 (six months earlier). Ealing's percentage of listings that had been reduced was at 33%, while Hounslow's percentage of listings that had been reduced was at 34.02%.

Alex Gosling, CEO of online estate agents HouseSimple.com suggests that this provided evidence that the property market in London is slowing:

"These figures only support the view that the London property market has

run out of steam. Agents are dropping prices to persuade cautious buyers to purchase in an economic climate where it's difficult to predict what's going to happen next.

"What's unusual about the level of discounted properties is that it would suggest there are too many sellers and not enough buyers. But strangely this market is still suffering from a lack of new supply.

"There are actually plenty of buyers looking, but they're a different buyer from 12 months ago. They are more cautious and viewing multiple properties before making a decision. Long gone are the days when buyers were diving in to avoid missing out as the market accelerated away from them.

"Also, plenty of sellers are still hoping to market at mid-2016 prices, but it's a different market now, post Brexit and General Election. Anyone committed to selling may have to accept that they need to drop their prices if they want to attract buyers. This is a time to price realistically not optimistically to attract buyers in a market that is stagnating not booming. If you are willing to negotiate there are committed buyers out there."



# Brexit: UK-EU freedom of movement 'to end in March 2019'

Free movement of people between the EU and UK will end in March 2019, UK government ministers have said.

From that date EU workers moving to the UK will have to register, at least until a permanent post-Brexit immigration policy is put in place.

But Home Secretary Amber Rudd has sought to reassure business there will not be a "cliff edge" in terms of employing foreign workers after Brexit.

She said policy would be evidence-based and take into account economic impact.

The CBI said businesses "urgently" needed to know what EU migration would look like, both in any "transitional" period after March 2019 and beyond.

Immigration was one of the central topics of last year's EU referendum campaign, and ministers have promised to "take back control" of the UK's borders as they negotiate Brexit.

The UK is currently due to leave the EU at the end of March 2019, but there has been increasing talk of a "transitional" (or "implementation") stage of around two years to smooth the Brexit process.

Speaking on BBC Radio 4's Today programme, Home Office minister Brandon Lewis said details of how the government would manage immigration after Brexit would be revealed in a white paper later this year, and that the immigration bill would go through Parliament in 2018.

Mr Lewis said it was a "simple matter of fact" that EU free movement rules would not apply after 2019.

More detail of what would happen was later provided by the home secretary, with Ms Rudd, speaking during a visit to Troon, South Ayrshire, saying the "implementation phase" would involve new EU workers registering their details when they come to the UK.

She also said the government

had promised an "extensive" consultation to listen to the views of businesses, unions and universities.

The Home Office has asked the Migration Advisory Committee to study the "economic and social costs and benefits of EU migration to the UK economy", its impact on competitiveness, and whether there would be benefits to focusing migration on high-skilled jobs. It is due to report back by September 2018 - six months before Brexit.

The home secretary said: "We will ensure we continue to attract those who benefit us economically, socially and culturally."

"But, at the same time, our new immigration system will give us control of the volume of people coming here - giving the public confidence we are applying our own rules on who we want to come to the UK and helping us to bring down net migration to sustainable levels."

Speaking in Sydney, Foreign Secretary Boris Johnson said he was unaware of the report that has been commissioned, adding that immigration had been "fantastic for the energy and dynamism of the economy" but "that doesn't mean that you can't control it".

For Labour, shadow home secretary Diane Abbott said there was "far too much heat and not enough light about immigration, so any truly objective and well-informed analysis must be welcome".

But she raised concerns about the timescale for the Migration Advisory Committee report: "Six months before Brexit will not be enough time to structure a new immigration system."

# 60 year old man to ride 100 miles for charity

Chiswick resident Daniel Jones will cycle 100-miles in the Prudential RideLondon, on Sunday 30th July, to raise funds for Arthritis Research UK, after his eldest child, Iso, was diagnosed with rheumatoid arthritis at age 15.

Daniel turns 60 this year and decided to mark the occasion with his first-ever charity bike ride.

In 2011, Iso had pain and stiffness in the ankles, knees and wrists, symptoms that were later diagnosed as rheumatoid arthritis. This is an autoimmune disease that causes inflammation in multiple joints, and currently affects over 400,000 people in the UK.

Daniel said: "For three and a half years, Iso was bed-bound, and, for the first 18-months, the condition



Daniel and Iso

went undiagnosed. The condition has meant years of constant pain, medication and lost opportunities.

"Despite the everyday pain, Iso was successful at school and was awarded a scholarship to study at the University of Florida last year. However, Iso

was forced to return home earlier this year before completing the first year, due to the immense pain and fatigue caused by the rheumatoid arthritis and associated fibromyalgia."

Daniel added: "The hardest part of being a parent is watching your child endure so much pain and feeling so helpless. By taking part in RideLondon and raising money for Arthritis Research UK, I hope that Iso, and others who are living with the everyday pain of arthritis, can have access to better treatments, resulting in better outcomes.

"I'm so proud to be able to raise money for such a great cause and I have set myself a target of £1,000, which I'm hoping to reach before the event."

The Prudential RideLondon is a world-class festival of cy-

cling. It begins in the Queen Elizabeth Olympic Park, London and ends in Surrey.

Head of events and community fundraising at Arthritis Research UK, Louise Skinner, said:

"We are delighted that Daniel has chosen to support us at this year's Prudential RideLondon. It's a great opportunity to raise awareness of arthritis and the huge impact that it has on people's lives. On behalf of all the staff at Arthritis Research UK, I would like to wish Daniel the very best of luck and I look forward to congratulating him at the finish line."

To support Daniel, you can visit his Just Giving page at [www.justgiving.com/fundraising/daniel-jones](http://www.justgiving.com/fundraising/daniel-jones)

# Hounslow murderer faces life-imprisonment

A man from Hounslow murdered his girlfriend's five-year-old Alex Malcolm on the 20th November, by beating him to death - all because he lost one of his trainers.

At 4pm on that day, Marvyn Iheanacho, 39, took Alex to see a friend to get a DVD, after spending the day with his girlfriend and mother to Alex, Liliya Brehia.

In the events that followed, Iheanacho took the child to the play area in Mountsfield Park in Catford at approximately 5.15pm. Close to 6pm, Witnesses saw Iheanacho "raging" at Alex after he realised the boy had lost his shoe and heard 'booming noises and saw the gate vigorously moving as if it was being punched by someone'.

Iheanacho moved Alex away, before another witness - a dog-walker - saw 'Iheanacho talking on his phone [to his girlfriend, it was confirmed later] and a child lying on his back on a bench with his arm dangling down'. Iheanacho was heard saying "he's fallen asleep and he's heavy".

The court then heard how Iheanacho picked up Alex and walked from the park to a mini cab office on Rushey Green, and returned to his girlfriend and Alex's home in Becken-

ham. Alex's mother reported noticing he had a bruised face and what looked like a slap mark - he seemed unconscious. When she tried to seek medical help, Iheanacho denied it and later assaulted her, during which time Alex has stopped breathing.

An ambulance was called, which arrived at 8.42pm. In the interviews following, Iheanacho told the paramedics varying accounts of what had happened, and even tried to get Liliya to lie and say she was with him since Alex's injuries "looked bad - Alex was in my care".

Medical tests at Lewisham Hospital revealed Alex had severe brain swelling. He was transferred to Kings College Hospital for an operation, but died from his injuries at 3.30pm on 22 November 2016. A post-mortem examination gave cause of death as head injuries, noting large areas of bruising to his face and body, causing by being assaulted and slapped. He had a significant brain injury and internal bruising to his stomach, caused by a kick, stamp or punch.

Iheanacho's statements to the police differed and - when the truth emerged that his girlfriend was not present



talked about her loss:

"Alex was so small but he was my strength and my purpose for living. The hardest thing I have ever had to hear was that my child died.

"I remember it like it was yesterday. Lying next to him in a hospital and praying that everything would be fine, that he will open his eyes. I didn't even get to tell him I love him.

"All I got was to put my hand on his chest and feel every single one of his final heartbeats." Leading officer, Detective Chief Inspector Tony Lynes, of the Homicide and Major Crime Command, said:

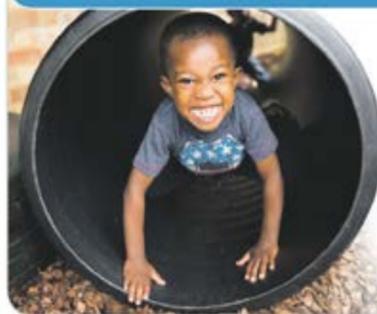
"Iheanacho subjected that poor little boy to a brutal assault after flying into an uncontrollable rage just because Alex lost one of his shoes.

"Afterwards Iheanacho came up with various stories to try to cover his tracks, insisted his girlfriend lie for him and attacked her when she tried to get medical help for her unconscious son.

"It is no surprise the jury easily saw through his stories and while nothing can bring Alex back, I hope Iheanacho's conviction today provides his mother and father, and their families with some comfort."

with him - he was arrested for grievous bodily harm and subsequently charged. Evidence used in court included the clothing that Alex was wearing - his red jacket held blue fragments matching paint from the park gates - Alex's gloves and his lost trainer in the play area. Additional written evidence from a notepad Iheanacho had written in, told how had an overwhelming anger and he had beaten Alex for "sicking up in the cab", under a section called 'Mistakes' - evidence that Iheanacho confirmed was written by him. Iheanacho was charged on Thursday, 2 February with murder. He was convicted of murder at Woolwich Crown Court on Friday 21st July. Sentencing will take place at Woolwich Crown Court on Tuesday, 25 July. Liliya Brehia, Alex's mother,

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# Residents advised to make plans ahead of cycling event road closures

Residents are strongly encouraged to plan ahead to avoid any traffic delays caused by the Prudential RideLondon cycling events later this month.

Once again public roads in the borough will be closed to allow tens of thousands of amateur cyclists to pass through on Sunday 30 July, with a race for professional riders following shortly after.

The outbound route for the events passes along the A4 in Hammersmith and over Chiswick Bridge as it heads to Surrey, before returning across Putney Bridge and along Kings Road in Fulham before finishing on The Mall in central London. These roads will be closed while the events are in progress, meaning some residents could find themselves unable to leave or return to their homes.

Around 25,000 amateur riders will set off in groups, beginning in the early hours of Sunday on the RideLondon-Surrey 100 event. The 100-mile sportive largely replicates the route of

the 2012 Olympic cycling road race and has been held each year since 2012.

The RideLondon-Surrey 100 is the largest annual cycling fundraising event on the planet – riders have raised £17 million for good causes since the event began in 2013.

Following the amateur event, professional riders will follow a slightly longer route in the RideLondon-Surrey Classic, a competitive road race that will also leave and return to the city.

Those taking part include Olympic champion Greg Van Avermaet, with his team BMC and sprinter Edvald Boassen Hagen from Team Dimension Data.

For more information on traffic, travel and road closures, visit the dedicated RideLondon page on Transport for London's website. For any other questions, visit the Prudential RideLondon FAQs section.

To register any complaints, call RideLondon on 020 7902 0212, or email: helpdesk@londonmarathonevents.co.uk.



# Borough residents star in new artwork

Artist Mem Morrison is looking for Hounslow residents from all walks of life to take part in 'Silencer' - a silent march and arts installation, taking place in Hounslow on Saturday 12th August.

The event that Morrison hopes "brings the whole community together" will look at the thoughts and feelings of residents through "role-play, writing and imagination to find your inner voice".

The event, on its marketing page, is described as:

"A silent march formed by you, your friends, colleagues, family and neighbours resulting in an art installation built in the heart of your community...witness your local shopping street transformed into a sea of blank placards as individuals march

anonymously in support of their own causes and personal crusades".

The outcome will be a unique outdoor art experience - the marchers will be holding a light-weight blank placard stating their own personal cause, walking alongside other members of the community, in total silence. Morrison confirms that participants do not need to be political, just passionate about a personal cause or on behalf of someone that doesn't have a voice. He is offering a workshop to help assist with personal causes and slogans.

To get involved, participants can meet the organisers and other fellow marchers on Saturday 29th July at Watermans Art Centre, between 2-4pm. It is necessary that attendees are also

available to attend the march on 12 August 2017, which starts at Bell Square at 4pm and lasts until 5.30pm.

Mem Morrison is best known for performance artwork that promotes the healing process and finding a voice. His previous art project, 'Local' focussed on Ponders End High Street in North London in 2011, re-focused residents to local life and observing details.

View the FaceBook page at <https://www.facebook.com/Silencer.London>, and email [Silencer@Circulate.London](mailto:Silencer@Circulate.London) for more information.

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# Quiz: Have you lost touch with nature?

New research reveals 69% of British people feel out of touch with natural habitats. Take our test to see if Chiswick can beat the national figures!

The study also discovers that 13% of people say they have not been to the countryside for more than two years. And nearly four in ten (37%) parents confessed to not knowing enough to teach their children about British wildlife.

Some shocking facts emerged - A third (33%) of participants couldn't identify a common barn owl, while 66% couldn't recognise a turtle dove - both birds are 'in decline' farmland birds. 17% of respondents said they have never seen a toad and 13% have never laid eyes on a hedgehog. One in three would not be able to easily identify an English Oak and 75% couldn't identify a Hawthorn tree.

The study was commissioned by the Jordans Cereals, on behalf of the Jordans Farm Partnership.

The Jordans Farm Partnership exists to limit the decline of, and support, endangered species by restoring and recreating habitats. The partnership includes the Wildlife Trusts, LEAF (Linking Environment and Farming), the

Prince's Countryside Fund and 40 progressive British farms.

The opportunity for British people to enjoy the countryside and its wildlife may be narrowing as research from the 2016 State of Nature Report (<https://www2.rspb.org.uk/our-work/stateofnature2016>) showed that more than half of British farmland species are in long-term decline.

Vicky Cojeen, Head of Brand at Jordans Cereals, said:

"The Jordans Farm Partnership extends our long-standing commitment to ensure wildlife can thrive. Together with The Wildlife Trusts, we are passionate about reigniting the nation's connection with British wildlife."

Janel Fone, Director of Marketing and Development at The Wildlife Trusts, said:

"We believe that everyone should have the opportunity to experience the joy of wildlife and wild places in their daily lives and this research by Jordans provides an interesting insight into how connected people feel towards the natural world. Take the Quiz at [chiswickherald.co.uk/quiz-have-you-lost-touch-with-nature-p6969-95.htm](http://chiswickherald.co.uk/quiz-have-you-lost-touch-with-nature-p6969-95.htm)



# Council take woman to court for misusing blue badge

Hounslow Council is showing that they take disability fraud seriously, by issuing a Hounslow resident with a fine for over £700 for Blue Badge misuse.

The fine was handed to Sharon Davies, who used a Blue Badge in Lampton Road in Hounslow, when Hounslow Council's fraud team caught her. The badge belonged to another person - Davies had previously tried to apply for one at an earlier time, but was unsuccessful.

Davies attended Ealing Magistrates Court, where she pled guilty and was fined £200, plus ordered to pay £500 towards costs and a £30 victim surcharge. Rules around Blue badges are strict - they are issued to disabled people with severe mobility problems and aid these people to park closer to shops or amenities, to carry out their daily tasks. A Blue Badge is issued to an individual, not a vehicle - which means that a badge cannot be used when the badge holder is not present.

The Council's fraud team have the authority to confiscate blue



badges and bring in suspects to be questioned by police, which could lead ultimately to prosecution in court.

Cabinet Member for Community Protection and Enforcement, Councillor Hanif Khan, said: "We take the misuse of Blue Badges very seriously. The purpose of the Blue Badges is to

help and support those who are disabled or who have severe difficulties in getting about, so they can park near to where they need to go. If they are misused, it creates problems for those who genuinely need to use them."



## Big Camp

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# Is single invoice finance for you? The working capital warning sign



Dr Permjit Singh tries to find out - Invoice finance is a form of asset-backed finance where a company can use its invoice (its asset) as a source of finance, because it has value. Instead of waiting for the company's customer to pay, in 30, 60, or 90 days or longer, the company can sell the invoice and collect cash sooner. The amount received will not be as much as the invoice amount because the buyer has an opportunity cost of money - because he will have to wait 90 days or more before he is paid. He also has the risk the debtor will not pay at all (a bad debt) and so could lose all his investment or

spend a lot of time and money trying to recovering it. The buyer might have credit protection but even so, all costs of bad debt collection might not be recovered, plus he will have a loss of time and money he could have earned. Cash for Invoices Limited of Chiswick buys single invoices and charges a relatively low rate - just 2.5% for a 30-day invoice. To provide some protection against bad debt, a refundable retention is deducted from the purchase amount so up to 87.5% of the invoice is paid up front to buy the invoice, and the balance later when (if) the debtor pays. For example, an invoice worth

£5000 would be purchased for 97.5% of its amount i.e., £4875 (excluding VAT). Of this payment, £4375 is paid upfront and £500 paid when (if) the debtor pays in full and on time. The balance of £125 is Cash for Invoices Limited's fee. Vat is also payable. Is single invoice finance for you?

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The reason for a business ultimately failing is almost always due to running out of cash. Whatever the problems your business is facing, the lack of available cash is a serious warning sign that there are underlying issues that you should not ignore. When cash becomes an issue owner managers will often find themselves working in the business rather than on the business dealing with creditors, chasing customers and concentrating on being able to pay staff on time. The inability to step back can prevent the underlying problems being tackled and, if they are not resolved quickly, can result in business failure. Steps to take The first step to take when faced with a cash flow issue is to understand why. For example if revenue has reduced, profitabil-

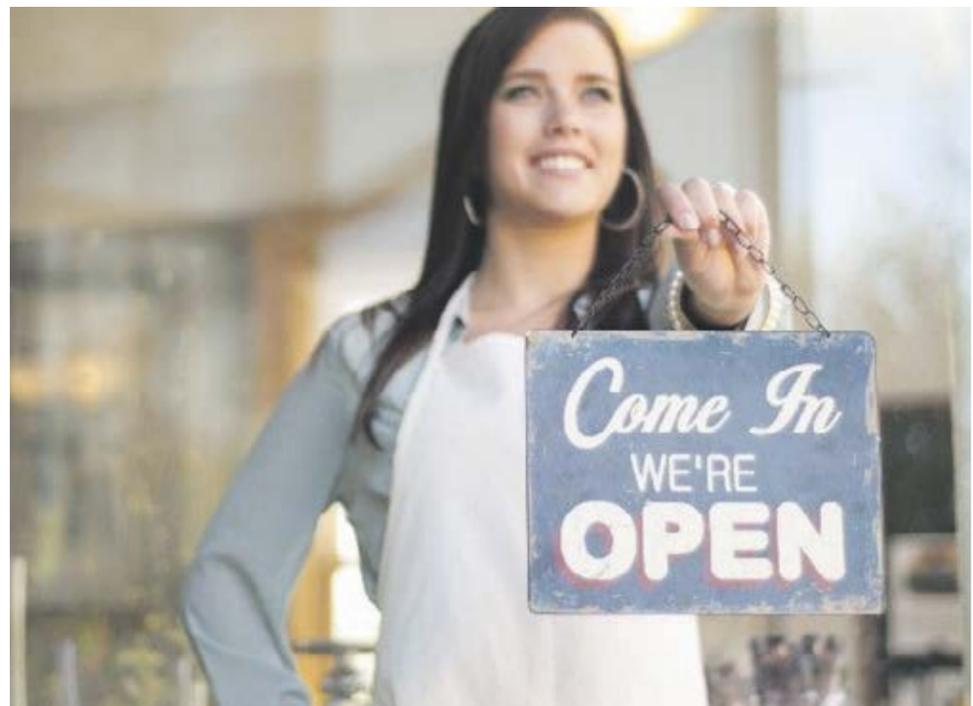
ity suffered, or costs have increased take the time to identify the main underlying reasons and put a resolution plan in place. You may find that the business is simply expanding rapidly and the solution is to obtain additional finance to enable this growth without your business being put at risk. If the problem is due to a sudden loss of revenue from one off issues, such as the loss of a major customer, then your plan will be based upon acquiring new customers and reducing current overheads. The second step to take is to carefully manage your cash payments while you address the underlying problems. It is important to maintain a cash flow forecast detailing each cash inflow and outflow. Review each payment establishing which are essential, which can reasonably

be delayed and what may be cut altogether. Working on your cash flow will put you back in control of your business, highlighting problematic areas and identifying revenue and cost saving opportunities. Whenever you have difficulties with your business it is advisable to seek professional advice. Advice taken early can prevent a problem becoming a reason for failure. Your accountant or a specialist consultant will often be happy to have an initial conversation free of charge to assess your business's options and get you back to working on your business rather than in your business. John Buchanan is a senior performance manager at HW Fisher & Company.

# Recognise big role of small business, urges local specialist

The new Government must recognise the big role of small business in the future of our economy, according to a local small business accountancy specialist. Franck Sidon who runs TaxAssist Accountants in Chiswick said: "Whatever the make-up of the new Government, it must recognise the vital role played by local small business owners, who are part of a national legion of more than five million entrepreneurs who make a major contribution to the country's economy. "Time and again, particularly during periods of change and uncertainty, they prove their adaptability and value. Local business owners will be looking to the new Government to support their enterprise and commitment and help them to grow. "As new policy priorities emerge in a fast-changing post-Election climate, we're urging the Chancellor to give clarity and support to small businesses across a whole range of issues, includ-

ing business rates, corporation tax, self-employment status and digital tax reporting. "The return on that investment - in terms of local jobs, local communities and the local economy - will be substantial. Small businesses across our region - independent retailers, service providers and consultants - have a big role to play in the future of our national economy." TaxAssist Accountants Chiswick is a local business providing tax and accountancy advice and services purely to small businesses.



# On the couch with Nicholas Rose: Knowing what we are talking about?



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 Address: 300-302 Chiswick High Road, Chiswick, London, W4 1NP (located above Campbells Chemist within the Cove Spa)

Just in the last week I have come across research studies that support my belief that what is most important about counselling / psychotherapy / therapy / psychology is often overlooked.

A study just published, presents research from over 33,000 patients in the NHS which has concluded that the preferred form of therapy - Cognitive Behavioural Therapy - is no more effective than generic counselling for patients presenting with depression and anxiety and that they actually tended to report improvement with fewer generic counselling sessions. It also highlights that the percentage of people reporting no improvement or a deterioration is substantial! This research then also points to previous research published in 2012 that showed

that recovery rates of patients by therapist in the NHS varied from just 23.5% to 95.6%. This continues to support the ever strengthening understanding that the single most important factor in a positive outcome for counselling / therapy is not the type of therapy but the quality of the relationship between the therapist and patient. I clearly remember my first ever experience of counselling. It was the first day of a part time introductory training course and we were told to pair up and take turns in talking and listening. I already knew that I really en-

joyed and felt honoured listening to the concerns of others and was then really surprised just how powerful it was for me when I was being listened to - I was left knowing something I had always suspected; listening and being listened to, when it goes well, is incredibly therapeutic. What came across so strongly to me from the very first day was that when people feel able to speak freely something immensely important can happen. What goes on in our heads can seem so clear, so vital, so true and yet when what has been un-

spoken is finally spoken a number of possibilities present themselves. Also when you spend time listening to someone it is wonderful to see how their being able express something for the first time can make a huge difference to them. Listening and being listened to, have become commodities in a world where time pressures and changes in community structures means that the expectation from most interactions is to seek or impart knowledge. So now we have "Talking therapies" where listening and being listened to, have become medi-

calised and requires prescribed frameworks, codes of ethics, professional bodies, experts and to be "evidence based". But thinking back to my very first experiences in training there were some people who I felt at ease with and some I did not, likewise there were people who would say they felt at ease with me and others who did not. I'm not sure what is behind this however I have noticed that rather than look at this research tends to focus on building theories, different types of therapy, different interventions - all apparently to try and standardise the

way things are talked about. But for me the questions should not be just about how we talk about things but why it is that sometimes it is easy to speak freely and sometimes it is not? In the meantime if you are struggling then find the right person to talk to - yes look at qualifications, experience, cost, title, age, type of therapy or whatever factors you think will make a good therapist but the acid test has to be whether when you meet with them you feel at ease. Ask yourself, do I think I can talk to this person about anything?

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St Michael's Church,  
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# Our hands are what really make us human...



DID YOU KNOW that a bride and groom are not proclaimed married – whether they marry in a church or register office – until they 'declare their marriage' by the joining of hands?  
And at this point – if you are getting married in a church – the Vicar will then wrap the couple's hands in her stole ('tying the knot') and raise them up, saying 'Those whom God has joined together, let no one put asunder.' Hands, I believe, are somewhat neglected parts of our bodies. We talk of our brains making us who we are. We speak of the heart and the gut as the sources of our emotions.

But our hands are what make us quintessentially human.

When we see a newborn baby, we look at their tiny hands and marvel at their delicacy and perfection. And we can't help thinking of the journey that lies ahead for these little hands. The countless actions they will perform during a lifetime.

It is our hands that get us started in life – reaching out, grasping and exploring, discovering a world that is apart from us.

And as we grow, we use our hands to wave, to blow kisses, to clap, to play, to stroke a cat, to fingerpaint, to colour in, to pick a flower, to play air guitar, to do a high five, to give and receive gifts.

We use our fingers to scratch, to point, to put hula hoops on (and then suck them off.)

We use our hands to read books and learn, to tie laces, to shake hands, to write letters, to tap, type and scroll, to knit and sew, to fix a leaking pipe.

We use our fingers to wear a ring declaring our love for a partner. We use our hands to deliver babies, to nurse them and care for them, to wash them, to create shadow puppets and make children laugh, to do magic tricks.

We use our hands to cook and care for our families, for our ageing parents, to dig graves and to lay flowers against a

headstone.

In the Bible, interestingly, the word 'hands' appears 552 times – compared with 195 times for 'hearts' and 191 times for 'heads.'

These references include people lifting up their hands in worship to God; the laying on of hands to commission someone; Jesus laying hands on people to heal them; Jesus laying hands on children to bless them; and Jesus multiplying the loaves and fishes in his hands.

They include hands being laid on Jesus to arrest him; Pilate washing his hands of Jesus' innocent blood; Jesus stretching out his hands on the cross; Jesus showing his hands to the disciple Thomas to give evidence of his resurrection; and the disciples laying hands on people and bringing healing.

One of my favourite references to hands and a favourite prayer is the last verse of Psalm 90, which says 'Let the favour of the Lord be upon us and prosper for us the work of our hands – O prosper the work of our hands!' Your hands may be getting a bit old and wrinkly, as mine are – but they are still beautiful. And beautiful, not in spite of – but because of – all the wear and tear they have endured.

One of the greatest privileges of ministry as a Vicar is when, on

Maundy Thursday, I invite the congregation to come forward so that I can wash their hands. (We do this to help us remember how Jesus washed his disciples' feet at the Last Supper and called us to serve one another in the same way.)

People come forward and I take their hands in mine. And these hands come in all shapes and sizes and conditions. Holding them, observing them, washing them – is like looking into the person's souls, looking into their life story. And it is a humbling experience.

So, as you go about your busy days and weeks – take the time to stop and notice all the very many things you do with your hands and give thanks.

And pray that God may prosper the work of your hands. Your beautiful and amazing hands!

*Martine is running 'Vegan Alpha' in the autumn – a short course to help you follow a more plant-based diet and to explore the Christian faith. Get in touch with her to sign up.*

**St Michael's Church:** [www.stmichael-elmwoodroad.org](http://www.stmichael-elmwoodroad.org)  
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## CHISWICK POET



**Longing to Live.**  
(For Chris)

Asleep he lay,  
groaning.  
His morphine filled blood  
made everything dull, so dull.

A disembodied voice rang through!

Someone he knew?  
He heard sighing.  
He heard crying.  
Who was it?  
Was it him?  
For a while  
nothing disturbed the  
cacophony of silence.

Then a scream.  
More pain.  
Terrible, terrible pain.

Morphine, pain,  
pain, morphine.  
Would it ever stop?  
Would it all end soon?  
What was the end?

Sighing.....  
Lying to himself  
over and over again.

Trying not to cry.  
Trying hard to cry.  
Crying to die.  
Longing to live.

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# Why you should have a Hunter-Gatherer diet



The Hadza people, in North-Central Tanzania, are among the last Hunter-Gatherers on Earth

## Lark or night owl? Blame your ancestors

Our ancestors could be to blame for the wide variety of human sleeping habits, from larks to night owls.

Staggered sleeping patterns would have been an advantage in the distant past, when we lived in groups and needed someone to look out for wild beasts, say researchers.

Anthropologists monitored sleep in the Hadza people of Tanzania who still live a hunter-gatherer existence.

Over 20 days and nights, someone was awake for almost all of the time.

"Out of some 200 hours for the entire study, for only 18 minutes were they actually all sleeping synchronously," said lead researcher Dr David Samson of the University of Toronto, Canada.

"The median was eight individual adults who were alert at any given time throughout the night – so that's 40% of the entire adult population of these camps.

"So, it was pretty astounding how asynchronous the sleep was in this group."

Past research has shown that about 40% -70% of a person's circadian rhythm, or body clock, is genetic. The rest is influenced

by environment and, interestingly, age.

When factors such as nursing status, temperature, wind, humidity and other factors that affect sleep were taken into account, age was one of the drivers of the variation in sleep types, said Dr Samson, the lead researcher on the study.

"When you are younger, you're much more owl, so you're much more inclined to have your peak activity later in the day than to be up earlier in the morning," he explained. "When you're older, you're much more larkish."

Grandmother hypothesis The research adds a new dimension to the "grandmother hypothesis", he added. According to this idea, having older people living in a group had some sort of evolutionary advantage.

The researchers have come up with "the poorly sleeping grandparent hypothesis", which builds on this idea, he said.

Older people waking in the night or getting up early because they could not sleep may have helped all members of the group survive hundreds of thousands of years ago.

Image copyright Science Photo

Library

Image caption The Hadza hunter gatherers rely on hunting and gathering food. Animals living in social groups such as meerkats always have someone on guard during rest periods, a theory known as the sentinel hypothesis.

Anthropologists decided to test this theory in humans by studying the Hadza people in Tanzania, whose lifestyle has changed little in thousands of years.

The Hadza population live in camps of around 30 people and are hunter gatherers, eating game animals, birds, honey, berries and seeds.

Anthropologists say their environment is similar to that in which all humans evolved. Hadza volunteers were given "super fit bits" that plotted their sleep patterns.

The scientists found that over 20 days and nights, there were only 18 minutes when no-one was awake in the group of about 20 adults.

Most sleep studies take place in sleep labs, making the research, published in Proceedings of the Royal Society of London B, somewhat novel.

Eat like a Neanderthal? It doesn't sound appealing on first read, but the so-called paleo diet – supposedly influenced by the way our hunter-gatherer ancestors ate – has become increasingly popular over the past few years.

There are a lot of misconceptions about the diet, and some variations among those who follow it, but at its core it's a diet based on healthy animal protein, nuts, and vegetables, with no or restricted grains and legumes, seed oils, and high-sugar fruits and vegetables.

"It's a nutrient dense, hypoallergenic way to eat," says Toronto's Sarah Ramsden, a nutritionist and paleo fan. Ramsden changed her diet after receiving a diagnosis of multiple sclerosis, an autoimmune disorder, about five years ago. One year after being diagnosed, Ramsden turned down medication for the condition.

"I wasn't really wanting or willing to be on medication for the rest of my life," she says. Instead, she turned to paleo, and says that eating a whole, unprocessed, low-inflammation diet has changed her health tremendously – something that inspired her to study nutrition and led to her current career.

While anybody who is considering a major diet change should speak to their physician, and nobody should change medication without consulting professional advice specific to his or her personal health situation, upping your veggie intake and eating fewer processed foods is a solid plan all around. If you're wondering if the paleo diet might be right for you, here are 13 things you should know.

Facts About The Paleo Die:

1. It's Not Just Plates Full Of Bacon: Yes, the paleo diet involves eating meat, but it doesn't mean that you'll just be eating bacon and eggs for every meal. Protein is important, nutritionist Sarah Ramsden advises, but your diet needs to include healthy carbohydrates and fats as well. "You really only need to be eating as much protein as you need to recover from your day to day activities," she says.

2. It Can Be Easier On The Digestive System: Many people feel an improvement of digestive symptoms once they switch to a paleo-influenced diet, Ramsden says, perhaps because it involves the cutting dairy

and grains. "People report that persistent bloating, gassiness, and general discomfort clears up, thanks to the elimination of grains, legumes, and dairy," she says, "which for many people have a negative impact on digestive health."

3. It's More Than Just A Diet: "Paleo is more than just a diet, it's a lifestyle," Ramsden says. For example, fitness and physical activity are encouraged. There is a focus on energy and getting quality sleep to ensure optimum health. And stress management is another area where work is done, she said. Paleo has a lot to do with what you eat, but Ramsden explains that it looks at improving or removing all of the unhealthy aspects of our culture.

4. It Might Help With Autoimmune Disorders: Ramsden first discovered paleo when she was looking at holistic ways to treat multiple sclerosis, and says she's had success that shows up in her scans. "The typical Canadian diet is very inflammatory," she says. There is some evidence that a paleo-focused diet can help with other autoimmune disorders as well.

5. You Don't Have To Join A CrossFit Gym: A lot of people instantly think of CrossFit, the intense exercise program that focuses on strength, endurance and flexibility, when they think of the paleo diet, and vice versa. But while many CrossFitters do eat paleo, for a variety of reasons, you don't have to fling tires around to give the diet a try.

6. It Can Help With Your Energy: When you cut out sugar and refined carbs, your metabolism and blood sugar can become more stable, which means you'll have a more constant supply of energy. For that reason, going Paleo can help you fight that 3 p.m. crash. "It's the kind of diet to really help give you energy throughout the day," Ramsden says.

7. Paleo Can Help You Fight Sugar Cravings: Always looking for a chocolate bar? Because it eliminates sugar and encourages you to eat in a way that keeps blood sugar stable, the paleo diet can cut that "hangry" feeling and reduce sugar cravings, Ramsden says.

8. You Can Give It A Shot: If the idea of a wholesale switch is scary, Ramsden suggests committing to switching to a paleo-

influenced diet for 30 days, then seeing what your results are and deciding on going forward from there. She is a Canadian representative for Whole 30, a "diet reset" program that aims to help followers decrease inflammation and improve metabolism health, among other benefits, and suggests a guided program as a way to test out paleo.

9. The Fats You Eat Are Healthy: Yes, there are fats in some of the foods more common on the paleo diet, for example, in eggs. But the point is to get healthy fats, Ramsden advised, particularly healthy animal fats from a healthy source.

10. You Should Add In Fermented Foods: Fermented foods are a great addition to any diet, including the paleo diet. Choices like kimchi and sauerkraut are full of healthy bacteria that will help with digestion and may improve your immune functioning.

11. You'll Want Quality Sources Of Protein: Don't just run to the supermarket for the cheapest cuts you can find, Ramsden advises. Because animal fat can store unhealthy additives like the hormones that may have been used to raise animals, you'll want protein from as clean and high-quality a source as you can get. "People need to balance their budget with the cost of a better quality animal protein," she says. If you are buying conventionally raised meat, go for leaner cuts with less fat.

12. It's Not Necessarily Low Carb: Yes, paleo involves cutting out grains and legumes, which are sources of carbs. But that doesn't mean you'll have no carbohydrates in your diet – or that you should, for that matter. Root veggies like taro have carbs, as do other vegetables like broccoli and fruits like berries. "The low-carb myth also comes from the fact that we load up on pasta, bread, etc. to fuel life at our desk jobs," Ramsden says. "We tend to eat far too many carbs to suit our activity levels, which has a significant impact on our health."

13. It's Friendly For The Gluten Intolerant: Because paleo diets cut out carbs like wheat and barley, which both contain gluten, it can be a good diet for those who need to or wish to avoid gluten. It's also a way to see how your body responds if you remove gluten from your diet, or at least cut it back.

# Refraining from risky health behaviours increases life span by 7 years

A study published by Health Affairs has suggested that individuals who do not smoke, are not obese, and consume alcohol in moderation are capable of living around seven years longer than their peers who partake in these risky health behaviours. This report was the first to simultaneously analyse the impact of multiple key health-behaviours on disability-free and overall life expectancy and found that never-smokers who were not obese live around 4-5 years longer on average and spend these years free of disability. Adding moderate consumption of alcohol into the equation increased the extra time to seven years, with these individuals' life expectancies surpassing that of Japan; the country with the second highest life expectancy worldwide. The expected increase of seven years was also more likely to be spent in good health. Participants in the study were classified as not obese if their body mass index (BMI) was less than 30, non-smokers if they had

smoked less than 100 cigarettes in their lifetime and moderate drinkers if they had fewer than 14 drinks per week for men, and fewer than seven for women. Researcher Mikko Myrskylä said "Improvements in medical technology are often thought to be the gatekeeper to healthier, longer life. We showed that a healthy lifestyle, which costs nothing, is enough to enable individuals to enjoy a very long and healthy life." He added that his research concludes that the lifestyle changes required to increase life expectancy are not unachievable for people; "A moderately healthy lifestyle is enough to get the benefits. Avoiding becoming obese, not smoking, and consuming alcohol moderately is not an unrealistic goal." Whilst all three risky behaviours are linked to decreased life expectancy and earlier occurrence of impairment, there are differences in the exact effect they have.



# Exercise is good for older adults but what kind is best?

The answer to that question is important. It may mean the difference between an older person living independently or having to move into a facility where someone helps them with daily living activities. A decline in muscle strength due to age and a sedentary lifestyle is often what undermines older adults' ability to live independently. Having to depend on others to complete self-care tasks puts these individuals at risk for placement in a nursing home. "Exercise, in general, is good for older people," said Chiung-ju "CJ" Liu, an associate professor in the School of Health and Rehabilitation Sciences at Indiana University-Purdue University Indianapolis. "It's good for their health and good for their independence." "But when we were helping older people become more independent, just exercise didn't seem so efficient," Liu said. Drawing on her background as

an occupational therapist, Liu believed something more than resistance training was needed to help older adults manage daily living activities. She created a 10-week "3-Step Workout for Life" exercise program that essentially turns the homes of older adults into age-appropriate gyms. In the program, the older adults perform exercises that are linked to daily living activities. According to a recent study conducted by Liu, the results at the end of the 10-week three-step workout program were similar to that of a 10-week resistance-only exercise program. But older adults retained the benefits of the 3-Step Workout for Life when they were tested six months later, while the benefits of the resistance exercise program had significantly decreased. The 3-Step Workout for Life plan begins with resistance exercises like bicep curls. The second step links those movements

with daily living activities. The third step increases the challenge of performing those activities by having, for example, the older person walk farther or at different speeds. The program converts the benefits from resistance exercises and incorporates them into the things they do in their daily lives, Liu said. With a study showing the results of the 3-Step Workout for Life plan and support from Indiana CTSI CheP Trailblazer Award in hand, Liu now is working with Crestwood Village, a senior-living community on the south side of Indianapolis in the US, to determine if the program can be scaled to larger groups of older people than were involved in the study. Health fitness staff at the facility are learning the 3-Step Workout for Life program with the plan to incorporate it with other fitness programs the facility offers.

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# Hottest shoe trends 2017

There's two kinds of people: ones that believe shoes can make or break an outfit, and those who never even think about shoes. If you belong to the first kind, you probably love buying new shoes and have a lot of very interesting ones in your collection. You probably like having different models of shoes, bright colored shoes, or ones with patterns, you follow the trends. If you're one of those people who isn't into bright colored shoes and don't really think about them when choosing your outfit, I have a surprise for you – you still care about shoes, probably more than you think. People who only have a few pairs of shoes usually put way more thought into their purchase. They care about the quality of the shoes, what materials are they made of, how long will they last and usually go for a style that will go with most outfits. So since we all care about shoes in one way or another, we decided to tell you about the hottest shoes trends for summer 2017.

- 1. Sneakers**  
Sneakers are incredibly popular these days, probably even more popular than they were in the 80s and 90s. They're everywhere, in every color and pattern imaginable. There's so much to choose from, and this is a great time for sneaker-heads who love expressing themselves through fun sneakers. So go for whatever your little heart desires, florals, spikes, jewels, fake fur – it's all in this summer.
- 2. Ballerina Flats**  
These aren't your normal flats. They actually look like ballet points, except they're way more comfortable. So they're really the best of both worlds, you can look and feel like a ballerina but at the same time be very comfortable. These ballerina flats are a great way to add a bit of elegance to your outfit.
- 3. Kitten Heels**  
Kitten heels are back. They are no longer just for little girls. If you love the look of heels but hate wearing stilettos, rejoice, your time has come. You can wear heels and be comfortable at

the same time. These shoes are made for walking, unlike those sky-high stilettos, which I'm convinced are made for sitting in.

- 4. Removable Platforms**  
This is a revolutionary new idea. The two-in-one shoes. They look like funky platform shoes, and you can definitely wear them as a statement piece, but in case you get bored of being the center of attention or, perhaps, you keep twisting your ankles because you're not great at walking in platform shoes, you can just remove the platform and wear them as slippers. Isn't that just freaking brilliant?
- 5. Sock Shoes**  
I'm not sure if that's the official name of this kind of shoes but if it was up to me I'd name them "the sock shoes" because that's what they look like to me. They're probably not the easiest shoes to put on, but we hear they're actually quite comfortable. Also, they're definitely very in this season. All the popular fashion bloggers keep wearing them.

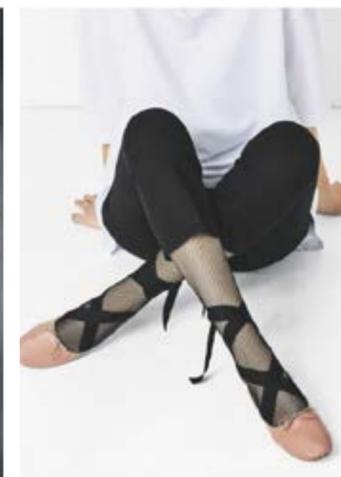


### 6. Mules

While "mules" don't sound like the most appealing kind of shoes, you should look beyond the name. These shoes are incredibly comfortable and stylish at the same time. They add an element of casualness to any outfit, without trying too hard. But at the same time, you can definitely dress them up for the occasion.

### 7. Clear Shoes

Clear shoes are becoming more and more popular. They're a great choice for those who like simple outfits. It's also a great choice for those who like wearing one bright piece, like a dress, and don't want to draw attention away from it with any other accessories or clothing items. These days we have lots to choose from, clear flats, jellies, clear heels, boots, and even clear sneakers.



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Great News! We've won a prestigious Patient Service Award

# Taking a different turn to discover Yorkshire in style

Arriving into York to temperatures of 26 degrees and clear skies, it felt like nature knew we were here to enjoy two days of luxurious travel and was already spoiling us.

Over the past five years, I've visited this city many times, having worked on a series of books with the Archbishop of York, John Sentamu. I'm familiar with its grand Victorian station and the short walk along the city walls, across the river Ouse and through the narrow shopping streets towards to York Minster. Given an hour or so spare, I'd often take a right down High Petergate towards the Shambles, the wonderfully preserved Medieval street that makes it on every tourist's must see list. If you take a left from the same spot, in a couple of minutes you come to Bootham Bar, the old defensive bastion for the north road, where you can join the wall to walk around the back of the Minster. Another five-minute walk, in the same direction, brings you to The Grange Hotel.

In my many visits, I'd never once turned left. Like most tourists, I stayed roughly within the city walls, which is why The Grange Hotel has designed a packaged to encourage guests to explore a bit further afield and experience something of the wider county of Yorkshire.

That said, the hotel itself, although slightly off the beaten track, is at the same time very accessible. There is a more direct walking route from the station, which takes no more than 15 minutes, crossing the river on the pedestrian path of the railway bridge and along a residential street of grand, four-storey terraces. Indeed, most buildings in York have an air of grandeur about them, and if you keep your eyes peeled for the blue plaques you'll find a piece of history and a story behind many of them.

The Grange Hotel, a Grade II listed Regency townhouse, has its own tale to tell. It was built in 1829 by a wealthy ecclesiastical family who occupied it until 1924 when it was converted into flats to house their expanding family. During World War II, the flats were occupied by women service personnel who used its brick vaulted cellar as an air raid shelter. In the years that followed it remained in multiple-occupancy until 1989 when its current owners restored it to one large townhouse, which they opened as a luxury four-star hotel.

The feel of it now, with its welcoming sitting room where you can pick up a newspaper and sink into the deep cushions of a sofa, is of a home, al-



beit a luxurious one. There's a nod to the city's famous racing tradition with commemorative scarves given to race winners displayed on the walls of the main staircase, some of which are almost as old as the house itself. The old cellar and its exposed brickwork is still there too, now The Ivy Brasserie, a cosy, AA 2 Rosette restaurant, aptly named after the creeping greenery that covers most of the building.

Fitting with the Country House ambience, the hotel's Discover Yorkshire experience includes a four-and-a-half-hour chauffeur driven tour of the surrounding countryside in an immaculately polished Range Rover Sport. Our chauffeur and guide for the afternoon is Howard, owner of the Yorkshire Chauffeur Co, which has paired with the hotel to offer this two-day package. Dressed in a checked, Brook Taverner shirt and Moon Tweed jacket, Howard is every inch the Yorkshire gent, placing a small step on the gravel drive to make it easier and more graceful for us to get into the car. Turning left again out of the hotel we head away from the city and north on the A19 into the surrounding countryside. Within minutes we're surrounded by farm land where

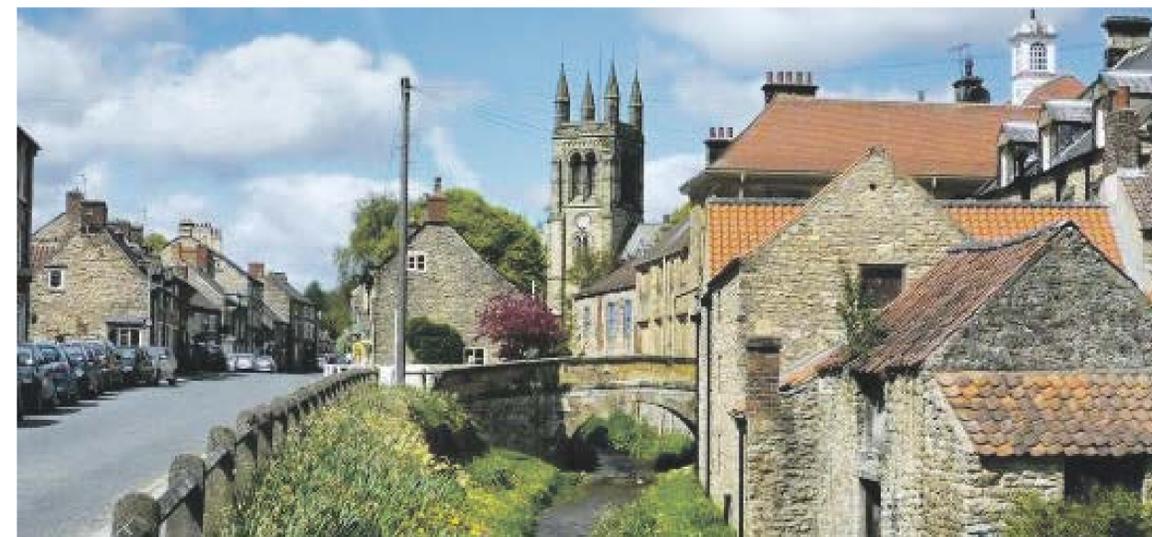


the elevated seated position of the Range Rover allows us to peer over the hedgerows and stone walls. The land is largely flat and the soil here is rich, used mainly as arable land, growing barley, wheat, rape seed, carrots and potatoes. We drive through Sutton-on-the-Forest, a small village mentioned in the Domesday book. Although Howard is quick to point out the tour is designed to be relaxing and not a history lesson, it's hard not to get drawn in to the fascinating past of the area through which we're travelling.

Having grown-up on a farm and lived in the surrounding villages for most of his life, Howard knows the area in a deep way that can't be gleaned from a guide book alone. Even his name merges seamlessly into the landscape as we weave through the Howardian Hills to the left, an area of outstanding natural beauty, towards Castle Howard.

Many will recognise this magnificent 18th century house from its use as a TV and film set, most recently for ITV's Victoria and from 1981 and 2008 in the TV and film adaptations of *Brideshead Revisited*. We spent two hours here, but you could easily spend a whole day and still not get around all its 1000 acres of land. It soon becomes clear that these four-and-a-half hours are only going to whet the appetite to discover more of this beautiful county.

The afternoon is designed to be flexible. If you spot somewhere you'd



like to stop you can get out to explore, without worrying about where to park. Similarly, if you want to extend your trip you can, and it seems there is no limit to this, as Howard tells us of one American couple on a tour of England's cathedrals, who used The Grange as a base from which to travel in style as far as Durham in one direction and Peterborough in another.

Our winding route takes us past Byland Abbey, Newburgh Priory, Hovingham and the market town of Helmsley,

where we stop for a mosey around its quirky independent stores and a local dairy's ice-cream. Once again, I list it as a place to return with more time. Before we head back, Howard pulls in next to a grazing field in Crayke, where we look across miles of the farmland to the towers of York Minster on the horizon. It's a view carefully preserved by city planners for centuries, who seemingly have always known the secret of turning left to enjoy it.

The Discover Yorkshire Experience

costs £498 (based on two sharing at £249 per person). The package includes two nights at the four star, The Grange Hotel, York, staying in a Standard Room with full Yorkshire breakfast each morning; a three-course dinner in the Ivy Brasserie on the first evening; a 4.5-hour tour with The Yorkshire Chauffeur Company; entry tickets to Castle Howard and a North Yorkshire Cookbook, which features a recipe from The Grange Hotel's Head Chef, Will Nicol. Upgrade to a Pre-

mier Room for £538 total/£269 pp. Prices quoted are for Sunday to Friday stays. A supplement of £30 per room is charged on Saturday. The hotel also offers a bespoke chauffeur driven tour and all tours can be extended for an additional cost of £45 per hour. For details call 01904 644744 or visit [www.grangehotel.co.uk](http://www.grangehotel.co.uk)



For a couple of weeks of the summer, Chiswick schoolgirl Lara Tarabey will be editing the Entertainment page of *The Chiswick Herald* as part of her work experience.

# Marvel makes us proud



The new Spider-Man movie, *Spider-Man Homecoming*, arguably has been said to be the best Spider-Man movie so far. Could this be due to the handsome actor who plays Spider-Man, Tom Holland, or the perfect balance of humour, action and emotion for a Marvel movie?

Marvel lovers are extremely jubilant with this new movie as there are continuous moments of laughter and it also incorporates other Avengers, mainly Iron Man and relates the movie to previous Marvel movies containing all the Avengers such as *Captain America Civil War*.

The young British actor had large shoes to fill of such a seasoned superhero character and most viewers can agree that he did so successfully. Tom Holland modernised the superhero that is Spider-Man in a way that has not been seen before. He was

played in an innocent and naive way with intellectual wit thus explaining the successful portrayal of Spider-Man.

The fact that Peter Parker's different combined qualities of awkwardness, nervousness, humour and ambition exemplifies how perfectly he has undertaken this challenging role. The jokes made throughout the film were absolutely hilarious and one must experience it for themselves to understand.

Not only that but by the end of the film, Peter showed great maturity with the grand decision he chose to make. The ending of the film was not typical which is what viewers like to see, as it is different and not as predictable. Therefore, Marvel fans and just general movie lovers recommend making this film a "must watch" and due to the fact that it,

# The return of Game of Thrones



After six seasons, 60 hours, and 16 million viewers, it seems difficult to wonder why *Game of Thrones* returned to such fanfare this past weekend. The much-loved fantasy thriller, based on the works of George RR Martin, was greeted with much acclaim from its dedicated fan base, most of which had been eagerly waiting over a year to see some of their favourite stars returning to their screens. Emilia Clarke, Kit Harrington and Lena Headey have all risen to the forefront of the acting industry on the back of the well-regarded show, with Lena Headey's character Cersei Lannister taking centre stage this week in trying to maintain her grip on the land of Westeros.

The political power struggles alongside the fantasy element of White Walkers and dragons, has allowed a wide audience of young and older people to religiously follow the show, with many going as far as to stalking the sets of the show to find out spoilers; resulting in the cast and crew having to film fake scenes, something Kit Harrington confirmed on *Jimmy Kimmel Live*. Overall, early signs suggest, that this season may go down in history as one of the greatest in television, it seems that 16 million people will be clinging to their seats every Monday for the foreseeable future to witness such legendary drama unfold.

# The Lie Detector



As *Love Island* continually progresses, the drama and problems keep increasing.

The day of the lie detector was a day that some islanders were dreading. This machine was going to potentially determine their future and whether or not the girl's feelings are genuine or not. The boys had the opportunity to decide what questions they would like to ask the girl they are coupled up with. They could be as brutal or kind as they want. First up was Amber, who breezed straight through her questions, giving Kem the answers he desired. Amber was truthful in saying that she loves Kem and even that Kem wasn't the best she had had in bed, which Kem responded to with "muggy", showing how surprised he was to hear that answer. Then she justified her answer by blaming the villa and everyone understood.

Olivia caused a lot of drama by arguing with Chris just before it was her turn for the lie detector. She was anxious about the types of questions Chris would ask her. However, all the questions Chris asked were completely reasonable and appropriate except for one according to Olivia. The question that upset Olivia was to do with her still wanting to be Chris' girlfriend and in that moment, she responded with no which was said to be the truth. All the other girls equally found that question inappropriate to ask. Although Chris and Olivia argued, they managed to

get through it as they have done with every problem that has been thrown their way.

Montana and Georgia flew softly through their questions as well, however Camilla felt extremely emotional at the fact that the lie detector claimed she was lying about whether her feelings towards Jamie are genuine. Camilla claims that she isn't good enough for Jamie, which upset her so she kept crying. The public know how sensitive Camilla is but sometimes the crying can get a bit too much and some people even find it annoying. All in all, Camilla and Jamie discussed everything and Jamie is an extremely understanding person who immediately knew that when the lie detector said that Camilla was lying, she would overthink that and worry which is exactly what she did and what he didn't want to happen so he reassured her that it's only a machine and it means nothing.

Gabby was up last and this round caused many problems and arguments. The final question that Marcel wanted Gabby to answer was whether or not she loves him. Little did Marcel know that Gabby had been planning for four days to tell him she loves him in a more intimate and creative manner, hence why she replied with no. This question had her on edge for a while but the mission still went on as planned, leaving Marcel in tears and bringing them even more closer together if that's possible.

ing music about awful people. Del Rey created that album solo and with no collaborations and it is centered around women but at the same time portraying men as really bad people. Lana strongly believes in equal opportunities for both men and women and this is shown through her song "Brooklyn Baby". The album *Ultraviolence* fo-

cuses on broken relationships and dreadful people; however, *Lust for life* has more of a political approach. Some believe her newest album has stepped it up a level with collaborations with the big stars and her music style suiting her a lot more but others believe that her solo material is better.

# Lust for Life

The stunning Lana Del Rey recently dropped her new album, "Lust for life", which became available to purchase on 21st July.

This album contains collaborations with big names in the music industry including ASAP Rocky and The Weeknd, thus making it different to her previous albums where she is solo.

According to *Billboard* this album is "the most Lana album yet." They describe her lyrics

and music as hopeful which is understandable as she addresses the current political status the USA is facing. Lana is explaining how although the current situation is not ideal, there is always a light at the end of the tunnel and she has chosen to portray the brighter side of the story.

On the other hand, many of Lana Del Rey's dedicated fans prefer the album *Ultraviolence* the most and this contained amaz-



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**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 is comprised 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**

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**Gunnersbury Lane, W3**

**£350 per week**

A ground floor 3 bedroom property on Gunnersbury Lane, Acton within easy walking distance to Acton Town tube station. The property comprises of an open plan kitchen into reception with a private patio garden to the rear, one double bedroom and one single bedroom and separate bathroom. The flat is located close to the shops and excellent transport links of Acton High Street with Acton Town tube station (Piccadilly Line) a short walk away. Private off street parking is available for one car. Available from 28<sup>th</sup> August. EPC rating D. Fees apply.



**Burlington Green, W4**

**£346 per week**

A one bedroom apartment within a short walk to Chiswick Park tube station and to Chiswick High Road. With lift access, it comprises of a spacious hallway with storage and wide doors into a bright open plan reception with a luxury kitchen, dishwasher, wooden flooring and door to a private south facing balcony. There is a double bedroom with built in wardrobe and spacious bathroom. In a stunning location, it is in a new build apartment block only moments from Chiswick Park tube station (District Line) and to the amenities of Chiswick High Road with numerous restaurants, cafes, varied shopping facilities and further transport links. EPC Rating B. Available August. Fees apply.



**Heston House, W4**

**£277 per week**

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**Devonshire Road, W4**

**£305 per week**

One bedroom flat in the heart of Chiswick, located right on the sought after Devonshire Road, yards from Chiswick High Road and a short walk to both Turnham Green station and also Chiswick Park tube station. This property comprises of a large reception room, spacious double bedroom and has a separate bathroom with bath and shower and a small private outside space. The property has recently been redecorated. Early viewings essential. Current EPC rating C. Available now. Fees apply.



**Dewsbury Court, W4**

**£285 per week**

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<p><b>SOUTHFIELD ROAD, CHISWICK</b> £266 pw AVAILABLE: 21/08/2017</p>  <p>Conveniently located, first floor, fully furnished 1bed flat with open plan lounge/kitchen, bathroom with fitted shower, spacious double bedroom with fitted wardrobes and laminate wood floors. Only 10 mins walk from Turnham Green Tube. <b>EPC: C</b></p>	<p><b>BOWLES HALL, BRENTFORD</b> £245 pw</p>  <p>Nice furnished studio flat situated on the 2nd (top) floor of a small purpose built block. Comprising of a good size lounge, a fully fitted kitchen, a raised galloped double bedroom with bed and wardrobes, bathroom with bath and electric shower. The flat has one reserved off street parking space. <b>EPC: C</b></p>	<p><b>CHISWICK HIGH ROAD, CHISWICK</b> £175 pw AVAILABLE: 21/07/2017</p>  <p>Single studio flat on Chiswick High Road, just a short walk from Chiswick Business Park. Comprising of single studio room with bed and kitchenette, and a separate tiled shower room with WC. Neutral decor and wood flooring throughout. <b>EPC: C</b></p>



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## Oliver Norwood completes move to Fulham



Brighton midfielder Oliver Norwood has signed a season-long loan move to Fulham, the club has confirmed. Norwood played a key role in helping Brighton secure promotion from the Championship last season, featuring in 33 league games for the Seagulls. The 26-year-old is a product of the Manchester United academy but was unable to force his way

into the first-team picture at Old Trafford, eventually joining Huddersfield in 2012. "I'm just delighted to be here," Norwood told the Fulham's official TV channel. "Having played Fulham the last two seasons, the football they have played, it suits my style, it suits the way I like to play football. "Once I knew of the interest I was desperate to get it done and I am very happy to be here."

A move to Reading followed two years later before the midfielder joined Brighton on a three-year deal ahead of last season. Norwood is a Northern Ireland international and has made 43 appearances for his national side. Fulham have already completed deals this summer for Ibrahima Cisse, Marcelo Djaló while Lucas Piazon has re-signed on loan.

## Josh Scowen joins QPR



QPR have signed midfielder Josh Scowen on a free transfer. The 24-year-old has put pen to paper on a three-year deal with the R's after turning down a new contract with Barnsley, with whom he made 44 appearances in all competitions last season. Scowen is QPR's first signing of the summer and manager

Ian Holloway told his club's website: "It's a great first signing for us and I couldn't be happier with the work that has been done to identify him for us. "He's got a great pass in his locker and I like his attitude as well - he's tenacious, gritty and has a real will-to-win, which is what we need."

Scowen, who started his career at Wycombe, said: "I'm very happy to join such a great club. "When I met Ian Holloway and Les Ferdinand they made me feel welcome and made me feel like I was going to be a big part of their plans, which is always great to hear as a player."

## Conte: Chelsea young players are too impatient



Antonio Conte has defended his youth policy at Chelsea and told academy players to be patient for a first-team place. Chelsea have allowed highly-rated youngsters Dominic Solanke (Liverpool), Nathan Ake (Bournemouth) and Nathaniel Chalobah (Watford) to leave this summer, while Ruben Loftus-Cheek (Crystal Palace) and Tammy Abraham (Swansea)

have also departed on loan. Conte has brought in 22-year-old midfielder Tiemoue Bakayoko from Monaco for £40m, though, and warned young players they should not expect a place in his first team too soon. "Sometimes I think the young players lose their patience very quickly," said Conte. "A lot of the time because of parents or the people around them. I think

the advisers aren't right." "The first thing they should have is good patience. Trust the club. Then work very hard to know that to play at this level you must be stronger - and very good. Sometimes, young players think they can play easily in the first team, but that's not true. I have to pick 11 players. Not only me, every coach."

## Kalas Rejoins Fulham



Tomas Kalas has rejoined Fulham on a season-long loan from Chelsea. The Czech Republic defender has returned to Craven Cottage after signing a new four-year-old contract at Stamford Bridge. Kalas, aged 24, played a key role for Fulham last season when they reached the Championship play-off semi-finals. He featured in 36 league games

and scored in the 5-0 win against Huddersfield in October. Kalas has played seven times for Czech Republic and is a regular member of the squad looking to qualify for next year's World Cup. Tony Khan, Fulham vice chairman and Director of Football Operations, told the club's website: "It's a pleasure to welcome Tomas Kalas back to the Fulham

Football Club. "We appreciate Tomas so much after the way that he battled for us last season, demonstrating not only tremendous skill but also great heart and determination. "We're very excited to have him here again as one of us as we prepare for our next battle, and what we hope will be a great season".



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# Brentford confirm £880k signing of Mokotjo



Brentford have announced the signing of South Africa midfielder Kamohelo Mokotjo.

The 26-year-old has cost the Bees £880,000 (€1m) from Dutch club FC Twente, according to Sky sources.

Mokotjo completed a medical on Thursday and finalise personal terms after flying to London to become Brentford's third senior signing of the summer.

Rasmus Ankersen, Brentford's co-director of football, said: "We have been scouting Kamo for two years and we believe he is a perfect match to our style of play.

"We are really pleased that it was possible to come to an agreement with Twente this summer and especially that we could sign him early in the window." It means that he will be able to travel with the rest of the squad to pre-season camp on Saturday to take part in the important preparations for next season."

The six-time capped South Africa international has made over 100 appearances for Twente since a move from PEC Zwolle in 2014.

He began his career at SuperSport United in his home country before moving to Feyenoord in 2009.

Mokotjo is set to become the Bees' third senior signing this summer after goalkeeper Luke Daniels and right-back Henrik Dalsgaard.

## Brentford to sign Danish striker



Brentford will sign Denmark U21 forward Emiliano Marcondes on a free transfer in January, subject to international clearance.

Marcondes has signed a pre-contract agreement with the Bees after successfully completing a medical and visiting the club's training ground on Thursday. Brentford head coach Dean

Smith said after a friendly win at Oxford on Tuesday that he does not expect the club to make any more signings this summer unless players leave the club.

The west London club will make an effort to sign Marcondes in the current window if they lose one of their own forwards, with the futures of Jota and Lasse Vibe both up in the air.

Vibe is of interest to a few Danish sides and Jota is being considered by Premier League clubs including newcomers Huddersfield and Brighton.

Marcondes plays predominantly as a number 10 or false 9, but he can also play on the wings. He has scored 17 Superliga goals in 94 appearances for Nordsjaelland.

## Brentford sign striker Neal Maupay from Saint-Etienne

Brentford have announced the signing of France U21 international striker Neal Maupay from Saint-Etienne.

Sky Sports News HQ understands the 20-year-old, who has signed a four year contract, has cost the Bees £1.6m.

Sky sources revealed earlier on Friday that Brentford were working on deals for two strikers, with hopes that Ollie Watkins will also join from Exeter.

Maupay completed a medical on Friday and will join up with Brentford's pre-season training on Monday, after the first team return from a training camp in France. They play Swiss side Lausanne on Saturday.

Brentford claim a number of other clubs tried to sign Maupay but the player honoured an agreement to move to Griffin Park.

Co-director of football Phil Giles said: "There were many clubs both in England and over-



seas that were interested in signing Neal this summer. I am very proud of the team effort from everyone at Brentford who contributed to selling our club and our ambition to Neal. He is a good player and a good man.

"Having made the decision to join Brentford he honoured that agreement despite having other clubs interested in acquiring his

services. We look forward to working with him over the coming seasons."

Head coach Dean Smith said: "He fits all the profiles we set when we look for a player. He has a really good personality and character to go with his skill level. We are very lucky to have got him and I look forward to working with him."