

The

Friday 15th December 2017

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Heathrow Expansion Planning Consultation To Launch



The 10-Week Consultation will launch on 17th January 2018

- Heathrow will launch a public planning consultation on expansion and future operations on 17th January
- Local communities and stakeholders to help shape Heathrow's future airport design and principles for changes to airspace
- 10-week consultation is the latest delivery milestone and keeps Heathrow on track

Heathrow will launch a public planning consultation on expansion and future operations on 17th January. Heathrow expansion has taken a significant step towards delivery as the airport unveiled the details of a its first phase of public planning consultation on the project set for the new year. The 10-week consultation will launch on 17th January and run until 28th March, giving local communities and stakeholders the opportunity to shape Heathrow's expansion proposals. The consultation will be formed of two parts – the first on infrastructure design options for an expanded Heath-

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Council takes action to control development **P4**

Ruth Cadbury "appalled" at rising poverty **P15**

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Rupa Huq Trounces Trump On Israel **P11**

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Death Of Former Hounslow Councillor Mohinder Gill

Hounslow Council has paid tribute to former Councillor Mohinder Gill who on the 5th of December.

Councillor Gill was a Labour member representing Heston Central Ward from 1994 until he retired in 2014. He was twice Chair of the Sustainable Development Committee (now known as the Planning Committee) and was also the first chair of the Sustainable Development (Enforcement) Sub-Committee when it was first created in 2011.

During his career, he also sat on a number of formal council bodies including the Overview and Scrutiny Committee, the Licensing Committee and the Schools Admissions Forum.

He was appointed to a number of outside bodies including the Heathrow Airport Consultative Committee, the local Citizens Advice Bureau, the London Councils Grants Committee, the Heston and Isleworth Old People's Welfare Committee and the Heston Parochial Charities.

Leader of Hounslow Council, Councillor Steve Curran, said: "I would like to pay tribute to Councillor Gill. Over a long



Mohinder Gill

period of public service, he played a leading role in his community and on the Council.

"On behalf of everyone at the Council I would like to express our gratitude, and

condolences to his family and friends."

Hounslow's Xmas Recycling And Waste Collection Schedules



From 11 December 2017, Hounslow residents will see information on their bins about revised recycling and waste collection dates over Christmas and the New Year. The Council is distributing 73,000 bin hangers across the borough to ensure residents are familiar with the revised collection dates, are aware of what can and can't be recycled and are informed about a free collection service being offered for real Christmas trees.

The Christmas tree collection service applies only to properties using the wheelie bin service. Any residents who live in flats should contact Hounslow

Council by phone to arrange a collection from their bin storage area.

Revised collection dates for the Christmas period start on 23 December. Collections return to normal from 8 January 2018.

Residents are encouraged to recycle as much as possible. The Council collects paper, card, glass bottles and jars, cans and plastic bottles for recycling as well as providing a separate food waste collection every week.

Sticky tape, ribbons and bows must be removed before placing these items into your recycling box. Cards or wrapping paper which contain glitter,

foil or laminate, should be placed into your wheelie bin.

Excess waste left with the wheelie bins will not be collected. Please keep it until the next collection or take it to Space Way, which is open from 8am-4pm seven days a week from 18 December, except on the following four holiday dates:

Christmas Day (Monday 25 December)

Boxing Day (Tuesday 26 December)

New Year's Eve (Sunday 31 December)

New Year's Day (Monday 1 January)

Xmas Ingredients Flying Through In Record Numbers Via Heathrow

Over 143 million kilograms of Christmas cargo expected to fly via Heathrow to the world in the month leading up to December 25th, a record to date. New data reveals sharp spike in exports of seasonal essentials including Christmas lights, calendars, fish, lobster, and meat.

Heathrow launches the "12 Exporters of Christmas" social media campaign to bring these festive exporting stories to life.

Heathrow has released new data revealing the wide array and surprising volumes of seasonal exports that fly in the bellyhold of planes in the months leading up to Christmas. Over 143 million kilos of Christmas cargo is expected to fly through Heathrow to destinations around the world from November 24th to December 25th – a record to date.

As the biggest port in the UK by value, Heathrow plays a crucial role in delivering the essential ingredients to Christmas celebrations to British homes and homes all over the

world. The airport's data from November and December 2016 shows a clear spike in the volume of certain Christmas staples coming into the airport and out to non-EU destinations, including: Christmas lighting sets – 27,467 kg (up from an average of 7,203 kg/month from January - October)

Frozen lobster – 443,146 kg (up from an average of 163,312 kg/month from January – October)

Calendars – 31,316 kg (up from an average of 3,382 kg/month from January – October)

Dried flowers, including for decorations - 310,677 kg (up from an average of 109,796 kg/month from January – October)

Salmon was the most popular export to non-EU destinations overall by weight in November and December 2016, with 6,070,000 kg of fish (equivalent to approximately 480 New London Routemaster Buses) recorded as flying through. Exports of

books were the second most popular commodity – with a recorded 4,834,000 kg going through last year (or approximately 382 New London Routemaster buses).

Heathrow's data also reveals the top 5 destinations these exports are flying to outside the EU – showing the majority of long-haul exports are destined for American markets:

United States (15.31 million kilograms)
China (6.20 million kilograms)
UAE (3.77 million kilograms)
Australia (3.36 million kilograms)
Hong Kong (2.77 million kilograms)

To highlight the wide array of exports flying out of its gates, Heathrow has today launched a "12 Exporters of Christmas" social media campaign. Each day in the lead up to Christmas, Heathrow will highlight individual stories of SMEs up and down the country that rely on the airport to export British

Christmas essentials including tea, jams and biscuits across the world.

In total, Heathrow has seen a record 290,340,803 kilograms of exports flying through from January to October to non-EU destinations this year – an 8.5% increase from the same period last year. These exports are worth an astounding £39.62 billion. Heathrow's role as a trading hub will grow as expansion takes place, with cargo capacity set to double with the addition of a third runway.

Nick Platts, Head of Cargo at Heathrow Airport said:

"Heathrow is at its busiest time at Christmas – and this year, we not only expect record numbers of passengers to fly through, but also a record amount of cargo to be flown in the holds under their feet. Santa may still have the claim on the most deliveries on Christmas Eve, but for the months before it, Heathrow is doing its bit to export our British Christmas across the world."

Hounslow Council Takes Action To Tackle Anti-Social Behaviour



Hounslow Council has committed to introduce a Public Space Protection Order (PSPO) covering the whole borough to stop individuals or groups committing alcohol related anti-social behaviour. Anyone found in a position of the inappropriate use of alcohol in a public place, could receive a fixed penalty notice of £100 and if not paid could be fined up to £1,000 on prosecution.

Restrictions are also being introduced on the use of unauthorised motor vehicles in Feltham Park, to tackle the anti-social use of mopeds and other powered vehicles in and around the park. Councillor Hanif Khan, Cabinet Member for Community Protection and Enforcement, Hounslow Council said; "This new order will enable

the council to take action to reduce alcohol related anti-social behaviour and help ensure the borough is clean and safe.

"When we consulted on the proposal, a massive 93 per cent of people were in favour. We are delighted to now be putting the PSPO in place."

HEATHROW EXPANSION PLANNING CONSULTATION TO LAUNCH

Continued from front page...

row and their approach to managing and reducing environmental and community impacts, while the second will focus on the future design principles for airspace around Heathrow. Heathrow have reassured local communities that they will not compromise on any of its commitments - including compensating eligible property owners for the unaffected market value of their property plus an additional 25% home loss payment, stamp duty, legal fees and moving costs, introducing a 6.5 hour ban on scheduled night flights and the commitment to only release new capacity if strict air quality limits can be met.

Over the past year, Heathrow has been working alongside local stakeholders and airline partners to evolve the expansion plans submitted to the Airports Commission. The consultation starting in January will be an opportunity for the public to view emerging proposals and options in detail and provide feedback on



them. These include options for the design of the expanded airport facilities, the reconfiguration of the M25, changes to local roads and rivers and use of nearby land for construction and other uses, as well as Heathrow's approach to managing and reducing the effects of expansion on local communities and the environment. Emma Gilthorpe, Heathrow's Executive Director Expansion, urges local residents to participate in the consultation saying: "Expanding Heathrow is pivotal to Britain's future prosperity and it's a chance to make the airport a better

neighbour for our local communities. Over the past year, we've been working hard to evolve our expansion plans and have come up with several new options to deliver it more responsibly and affordably. "Next January, we'll be sharing these options in a 10-week public planning consultation and we want to hear what you think. By working together throughout the consultation, the public can help shape our plans and, jointly, we can ensure that expansion delivers for our passengers, businesses across Britain and importantly for our local communities."

Police Commissioner Speaks 6 Months After Grenfell



Six months on from the Grenfell Tower fire, the Metropolitan Police Service Commissioner Cressida Dick said: "My thoughts and prayers are with all those who lost family and loved ones, those whose lives were turned up-

side down, for whom Grenfell Tower was their home and a community for whom the pain of that terrible night is still very real and raw. "Today is a day we should all reflect and remember what so many lost that terrible night.

A tragedy of such a scale it is almost unimaginable. "My officers and staff are committed to doing everything in our power to support those so deeply affected and to carry out a thorough and effective investigation."

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Available on Google Play and the App Store

Editor - Serena Bhandari: serena@chiswickherald.co.uk
Advertising - Amita Shankar: amita@chiswickherald.co.uk
Designer - Ed Fitzmaurice: ed@chiswickherald.co.uk
Publisher - Paul Williams: paulwilliams@chiswickherald.co.uk

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HTS Wonderful Opportunity for One Special Child

The House Schools Trust, an independent charity, is funding a means-tested bursary place at **Orchard House School in Chiswick**. The bursary application is open to a girl or boy to enter **Year 3 or Year 4 in September 2018**. This is a wonderful educational opportunity for a local child, offering excellent teaching, smaller class sizes and a friendly and inclusive school community.

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Application deadline: 31 March 2018

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Helping Bright Sparks Shine

Hounslow Council Takes Action To Control Development In The Borough



New Guidelines For Planning Have Been Agreed

Hounslow Council is implementing three key initiatives to help ensure that development in the borough is appropriate. At a Cabinet meeting on Tuesday 12 December, guidelines for people wishing to make extensions and alterations to homes were agreed and requirements introduced for organisations seeking to change

the use of light industrial and office land/buildings to submit planning applications. Councillor Steve Curran, Leader of Hounslow Council, said: "As the population of the borough grows, an increasing number of house extensions are taking place. The new guidelines will help ensure these are done appropriately and to a high quality.

"At the same time, the borough needs work space as the local economy continues to grow, but faces pressure from property owners trying to convert it to residential use. By removing permitted development rights, we can ensure such change requires proper consideration of a planning application."

Brentford A4 Described As A "Hostile Street"



A section of the A4 passing through Brentford was described as "the most striking example of a hostile street" in a report released by the London Assembly Transport Committee. Caroline Russell AM, Rapporteur and Member of the

Transport Committee wrote that "The most striking example of a hostile street we saw was near Brentford, where primary schools are straddled by the A4 and M4 flyover. We walked the route with parents and children, who showed us how difficult it was for them

to get to school. They were worried about fast-moving traffic, high levels of pollution, and getting stuck in the middle of the bus road waiting for ages for a green light to cross."

The Cognitive Healthy Ageing Register for Interventional and Observational Trials

A collaboration between Imperial College London, Primary Care and the Community.

The numbers of patients with Alzheimer's disease and other late-life dementias are increasing exponentially world-wide, due to the unprecedented increase of longevity.

Late-onset dementia is already the number 1 cause of death and is fast becoming a major socio-economic and healthcare world challenge, as the global annual costs of dementia care now exceed one trillion US dollars, which is greater than the annual combined costs of cancer and cardiovascular diseases. Yet, we still have little understanding of their causes

and still lack effective dementia treatments. Unlike other devastating diseases, such as malignant cancers and heart attacks, Alzheimer's disease, the most common form of late-onset dementia, has a long pre-clinical period of progressive accumulation of brain disease, extending (perhaps) decades prior to disease onset. Hence the urgent need for studies involving cognitively healthy volunteers to help us better understand this pre-clinical period; factors that may confer risk or protection, as well as markers of risk prediction and subsequent diagnosis and disease progression. This is the main objec-

tive of the CHARIOT Register, a collaboration between GPs, Imperial College researchers and the wider community of Londoners volunteering to take part in research studies for the prevention of Alzheimer's disease and other late-life diseases.

By Professor Lefkos Middleton and Dr Chi Udeh-Momoh

HOUNSLOW TO FUND 10 POLICE OFFICERS

Funding from Hounslow Council is to ensure an additional one Police Sergeant and nine Constables are in place as part of the drive to ensure the borough is a safe place for residents.

At a Cabinet meeting on Tuesday, 12 December, a total of £1,149,000 was committed to ensure the officers are funded for three years until April 2021. This is match-funded by the Metropolitan Police Service.

Councillor Hanif Khan, Cabinet Member for Community Protection and Enforcement, Hounslow Council said; "This new commitment builds on a successful partnership with the police that has seen the council fund one Sergeant and four officers since 2011. "By working closely with the police, we have already taken action to tackle local drug dealing. The number of young people entering the justice system in the borough has



Hounslow Police Station

nearly halved, and the number of people reoffending has decreased.



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Imperial College London

Chariot register

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*Even if you think you have experienced memory changes, you might still be able to take part. A study doctor will discuss this with you to determine if this research is right for you.

If you think that you, or someone you know, can help us with this important research, please contact the CHARIOT PRO study team today.

For more information, please call us on 020 7594 7371 or email chariotpro.study@imperial.ac.uk

Ruth Cadbury MP Celebrates National Postal Workers Day

To mark National Postal Workers Day on the 12th December 2017, Ruth Cadbury praised the posties serving Brentford and Isleworth. Ruth Cadbury is urging constituents to sign a petition which has already gained hundreds of signatures to stop the Delivery Services being moved from Chiswick office to Acton.

Ruth Cadbury slammed the Tories for overseeing a strategy of managed decline of the Post Office network and their abysmal decision to privatize the Royal Mail, the effects of which are being felt harshly today, such as local branch closures.

Ruth Cadbury, MP for Brentford and Isleworth said: "December 12th is one of the busiest days in the calendars for our postal workers. I thank our posties in Brentford and Isleworth for their

hard work and determination as they collect, sort and deliver letters and parcels over the Christmas period. I oppose the Royal Mail proposals to move operations out of Chiswick Delivery Office over to their Acton Office, this move does not consider the service provided to the local community."

Gill Furniss MP Shadow Minister for Postal Services said, "Our posties have been let down by the Tories whom since 2010 have pursued a strategy of managed decline of our Post Office Network and have overseen one of the biggest policy failures when it sold off the Royal Mail at below market price.

As a result, we have seen Crown Post Offices closures across the country meanwhile £700m paid out in dividend to private shareholders by the Royal Mail over the past four

years. This has led to worsening pay and conditions for the posties on the ground who work day in day out to serve their local communities.

The next Labour Government will halt any further Post Office closures and will renationalise the Royal Mail so that any profits are reinvested back into the company to the benefit of its workers and consumers, not private shareholders"



Ruth Is Backing Labour's Plans To Renationalise The Royal Mail And Opposes Proposals To Close Chiswick Delivery Office

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Police Seek Man Following Serious Sexual Assault At South Ealing Tube



The Man Was Caught On CCTV At Turnham Green Station In Chiswick

Officers are re-appealing for information following a serious sexual assault against a woman at South Ealing Underground Station. The incident occurred on Sunday, 22 October between the hours of 2.30am and 3.30am. A man assaulted a 28-year-old woman on the Piccadilly line platform. The British Transport Police have released moving footage

of the man they wish to urgently speak to in connection with the incident. Detective Constable Matthew Nolan said: "This was a horrific incident. We are re-appealing for any information, big or small, which could help us in the investigation. "We have specially trained officers supporting the woman as the investigation progresses. I would like to speak ur-

gently to anyone who knows the man in the CCTV image or to anyone who knows anything about the incident. "If you have any information, no matter how insignificant it may seem to you, please call us on 0800 40 50 40 or text 61016 citing reference 263 of 22/10. Your information could prove vital to the investigation."

Missing Ealing Teen: Heba Desouky



Heba Desouky

Police are growing increasingly concerned for the welfare of a missing 16-year-old girl from Redbridge. Heba Desouky was last seen at 15.45hrs on the 27 October in the Ilford area.

She is described as a mixed race female, 5ft 07ins tall, of slim build with long black wavy hair. Heba is known to frequent west and north west London and visits Westfield Shep-

herds Bush. Officers are increasingly concerned for her wellbeing and would urge anyone with information on his whereabouts to call police on 101 or Missing People on 116000.

Approval Given For Brentford Community Stadium Final Planning Amendments

At the London Borough of Hounslow (LBH) Planning Committee meeting on 7th December, Councillors resolved to approve planning amendments submitted for Brentford Community Stadium. The amendments were submitted to LBH in September 2017 by Lionel Road Developments Ltd and Kew Bridge Gate Developments LLP on behalf of Brentford Football Club and its development partner Be Living Ltd and comprise changes to the stadium design and the Central Eastern and Central Southern residential sites. The stadium design adjustments focus on operational efficiency with upgrades to the broadcast, lighting and media facilities to meet modern Premier League football and Premiership rugby standards. There are also refinements to the number and mix of seats, together with changes aimed at de-risking the construction process by making the stadium more compact and increasing accessibility with the insertion of a new road

along the northern perimeter of the site. The entrance to the stadium has also been enhanced to include a public square with commercial outlets while the Brentford Football Club Community Sports Trust offices are now to be located in purpose-built facilities alongside the stadium. The first phase of the residential element of the scheme has been redesigned to fit better within the local context and the 487 new homes are a mixture of apartments to rent and buy designed to meet the housing needs of the local area. Brentford FC and Be will now proceed to discharge a number of outstanding planning conditions and seek agreement to any revisions needed to the Section 106 Agreement outlining their obligations to LBH for this development. The GLA has indicated that the scale of the amendments proposed are such that the Mayor of London will not need to review this decision. Cliff Crown, Chairman of Brentford FC, commented:

"This decision by Hounslow Council is a great early Christmas present for fans. We now hope to be in a position to begin stadium construction in February 2018, following completion of a revised agreement with LBH on our obligations and will share more details with fans on the stadium build phase early in the New Year." Matthew Townend, Managing Director at Be Living Ltd, said: "Securing Hounslow Council's support for the planning amendments takes us a step closer to delivering the Brentford Community Stadium development. We're all very excited to be part of creating a vibrant new community that hopefully acts as a catalyst for positive regeneration in the local area." Conor Hayes, Chairman of Lionel Road Developments Ltd, added: "We are delighted that the Council has resolved to approve these last planning amendments that greatly improve the robustness and quality of the stadium and the enabling residential development. I would like to



Brentford FC's New Stadium: Final Planning Has Been Approved

thank the London Borough of Hounslow and its Councillors as well as our entire team of engineers, architects and advisers for their hard work and support to date in helping us

to get to this stage. We now look forward to getting on with the job of delivering this exciting project." To keep in touch with progress and developments on

the new stadium, please register your interest at www.brentfordcommunitystadium.com

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Two Brothers Jailed For Raping Woman In Her Ealing Home

Two brothers who raped a woman inside her home after befriending her have been jailed. Ovidiu Mamaliga, 30 (30.03.87) and Andrei Mamaliga, 28 (12.01.89) both of no fixed abode, were each sentenced on Friday, 1 December to 12 years' imprisonment with a further eight years' to be served on licence. They had both been found guilty on Wednesday, 25 October of rape, sexual assault, attempted rape, actual bodily harm and theft. Detective Inspector Tim Desai, who led the investigation, said: "This was a horrific sex attack committed by two brothers who pose a huge danger to women and should be behind bars. "The victim was friendly and welcoming when they engaged her in conversation, but she could have no clue as to their violent intentions. "She has been left traumatised by what happened,

and I praise her bravery in first reporting the attack and then coming face-to-face with her attackers and testifying against them to ensure their convictions. "There may well be other victims of these two men who for whatever reason did not report the crime to police at the time. We would urge you to contact police - our specially trained officer will provide you with any support you need, and we will do everything we can to achieve justice for you." At around 07:30hrs on Wednesday, 10 May, the two brothers started a conversation with the victim - a woman in her 40s - outside her home in the North Acton area of Ealing. They left her at that point, but returned later that morning and they chatted again. Upon going back into her home, one of the brothers followed her inside and asked if he could use the toilet. She

declined, and she was then attacked. She was tied up with shoelaces the brothers had brought with them, undressed and raped. They then made off with cash, jewellery and mobile phones. The victim called police and the Met's Child Abuse and Sexual Offences Command launched an investigation. The scene was examined for forensic evidence and the DNA profiles found matched the two brothers. CCTV footage was also obtained, showing the brothers near the scene at the relevant times. Mobile phone signals and Oyster card records also placed them in the area. Both brothers were arrested in the Wembley area on Tuesday, 6 June. They were interviewed by police, and denied any involvement. Ovidiu Mamaliga was charged on Wednesday, 7 June and Andrei Mamaliga was charged the following day with the of-



Andrei Mamaliga - Jailed Along With His Brother Ovidiu

fences above. The court heard during the trial that the brothers, both Romanian nationals, had been released from prison in France in 2016 after serving a sentence for rape. Applications for them both to be deported at the end of the sentences have been made. If you were a victim of the Mamaliga brothers or you would like to report a sexual offence, please contact police via 101, or call the independent charity Crimestoppers on 0800 555 111 if you would prefer to remain anonymous.

EX-ST BENEDICT'S STAFF MEMBER CONVICTED OF SEXUAL ASSAULT



Andrew Soper, Previously Known As Father Laurence Soper, Worked At St Benedict's School In Ealing

Andrew Soper, 74, has been convicted of 19 charges of indecent assault and serious sexual assaults. Soper, previously known as Father Laurence Soper, worked at St Benedict's School in Ealing, and used his position to gain access to young boys under the guise of "corporal punishment". The charges involve crimes against ten boys,

including one incident where he is said to have lifted up his robes to rape a 12-year-old boy over his desk at the school, then run by Ealing Abbey monks. Soper is the fifth person related to St Benedict's School to be convicted of sex crimes. He is due to be sentenced next Tuesday.

Ruth Cadbury MP Visits Western International Market

On the back of another successful year at the Western International Market (WIM), the WIM Tenants' Association has invited its local parliamentary representatives, Seema Malhotra MP (Feltham and Heston) and Ruth Cadbury MP (Brentford and Isleworth), to visit the market on 8 December. During the tour of West London's unique night-time international fresh produce market, both will meet with many of the 55+ stall owners who between them provide over 700 local jobs. Supplying world-renowned London restaurants and hotels, as well as high street green grocers up and down the country, WIM's market traders also help to bring greater accessibility to fresh fruit and vegetables to the local community in Hounslow by offering special deals to local retailers. 2018 will be a key year for WIM as it continues to build its reputation and enhance its offering to a broader customer base. Members of the

Board of the WIM Tenants' Association look forward to discussing with the MPs their plans to become an even greater asset and employer in Hounslow, Greater London and the UK. Speaking about the visit, Keith Ward, Chairman of the WIM Tenants' Association, stated: "We are honoured to be hosting Seema Malhotra MP and Ruth Cadbury MP as WIM continues to flourish in West London and provide jobs and security to so many local residents and their families. The MPs' joint visit reflects WIM's ever-increasing importance, not only to the local community in Hounslow, but to those of Greater London and the rest of the UK as well. We are proud of our continued role in job creation, food security and enhancing international trade opportunities for Hounslow and its people. We look forward to discussing our plans for growth and jobs with the MPs and introducing them to some of the huge

range of fruit and vegetables available at WIM all year round." Seema Malhotra MP stated: "The Western International Market, operating out of my constituency of Feltham and Heston, is a key supplier of fresh produce to Hounslow and its people, as well as a significant contributor to the local economy through jobs and revenue. I look forward to our visit and to learning more about WIM's plans for the future." Ruth Cadbury MP stated: "WIM has been a staple in the Hounslow community, ever since it began its first operations out of Brentford in the nineteenth century. With many people from my constituency working at the market, it is an important employer in the area, and I look forward to witnessing its continued growth and success."

Rupa Trounces Trump On Israel



Yesterday in Parliament Rupa Huq MP praised the Speaker of the House John Bercow MP for his "disinclination" for President Donald Trump to address Parliament. The house were debating the urgent question on the implications of President Trump's decision to move the U.S. embassy in Israel from Tel Aviv to Jerusalem as Israel's capital.

The Ealing MP went onto quote a Palestinian human rights activist who claimed that President Trump's unilateral decision flouted international law and the hopes and dreams of all those who harbour a wish for a two-state solution. Responding on behalf of the Government Alistair Burt MP the Minister of State for the

Middle East and North Africa echoed Dr Huq's words stating that it was our "duty to ensure that hopes and promises are not lost in these circumstances". President Trump's decision has indeed led to increased tensions and reports of violence across the Middle East.

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Local Schoolboys Support Charity For Christmas



Pupils at The Falcons Pre-Preparatory School for Boys are supporting a worthy children's cause this Christmas with a 'Giving Tree'.

As part of this year's PA Christmas Funday Appeal, the boys will be generously giving a gift rather than receiving one to support the charity, KidsOut.

KidsOut provide a range of services to bring positive change to thousands of disadvantaged children throughout the UK. Each year, the charity works to bring fun and happiness to over 35,000 children, many of which are fleeing domestic abuse to seek sanctuary in refuge.

To aid the charity, the Chiswick-based school has decked the halls with a large Christmas tree, decorated with around 150 gift tags. Each tag on the Giving Tree features the name and wish of a child living in a Women's Aid Federation refuge over the festive period.

Following a teacher's assembly explaining the project, pupils at the school are selecting a tag themselves to take home and purchase the toy with their parents. The boys will then bring the gift into school for the PA Christmas Elves to distribute to the charity.

Headmaster Andrew Forbes commented: "Christmas is an exciting time for all children however, it can be difficult for those escaping domestic violence. We are honoured to be supporting this worthy cause and helping to give these children a Christmas to remember.

"It is inspiring to see the boys so enthusiastic and passionate about supporting KidsOut."

The Falcons Pre-Preparatory School for Boys accommodates boys aged 3-7 and is based at 2 Burnaby Gardens, Chiswick.

Heathrow Welcomes 50th Electric Vehicle

Heathrow welcomes its 50th electric vehicle as part of its pledge to go electric.

The UK's hub airport has the highest density of EV charging infrastructure in Europe. Heathrow is working with TfL to deliver one of London's first rapid chargers for black cabs. Heathrow has reached a key milestone in its pledge to 'Go Electric' with the delivery of the 50th electric vehicle to the airport's fleet. This is a key step in Heathrow's promise to make all of its cars and small vans electric or plug-in hybrid by 2020 to help improve air quality around the airport. The 50 electric vehicles reduce the airport's fleet emissions by 165 tonnes CO2/year, equivalent to the amount of energy used by 18 homes annually.

This announcement comes as Heathrow celebrates receiving two awards for their fleet. The airport recently received the award for Ultra-Low Emission Infrastructure at the Energy Saving Trust's 2017 Fleet Hero Awards. Heathrow won the accolade for the airport's achievements growing

the current charging infrastructure, which is now the site with the highest density of charging infrastructure in Europe. Heathrow's has over 80 charging points available to passengers, colleagues and airside vehicles.

The airport's charging infrastructure has also contributed towards Heathrow's win at the Commercial Fleet Awards. Heathrow was awarded the Environment and Low Carbon award at the event for the work done to improve air quality with the use of electric and plug in hybrid vehicles. Since pledging to 'Go Electric', Heathrow has spent over £4 million in charging infrastructure, with a total of more than £5 million committed to be spent by the end of 2018. Heathrow is also actively working in collaboration with TfL to install seven rapid charging points for black cabs before the end of 2017. These rapid charging points, some of the first in London, will support the Mayor's requirements for all newly licensed black cabs to be either electric or plug in hybrid by 1 Jan

2018. These chargers will be installed in Heathrow's Taxi Feeder Park and will work over three times faster than the average charger.

This move, along with Heathrow's efforts to provide new public transport options into the airport like Crossrail and a potential Western Rail access, will reduce emissions and congestion related to airport traffic, and set a bold direction towards a future of sustainable aviation. Since committing to a new sustainability strategy, Heathrow 2.0, the airport has set out to establish itself as a world-leading airport in reducing emissions from all sources of activity, both on and off airport.

Heathrow was one of the first ten companies in the world to commit to EV100, which making takes Heathrow's commitment to electric technology further by tying the airport to turning all large vans and half of its HGV's electric or plug-in hybrid by 2030.

Chiswick Nursery Receives Good Rating From Ofsted

Bright Horizons Chiswick Park Day Nursery and Preschool has been rated 'Good' after its most recent Ofsted inspection.

The nursery received its inspection on October 31st and was rated as 'Good' in all four areas of inspection: Effectiveness of the leadership and management; Quality of teaching, learning and assessment; Personal development, behaviour and welfare; Outcomes for children.

Inspection activities included the inspector looking at children's records, planning documentation and the nursery's policies and procedures, including those related to the suitability of staff. Comments from the report included:

•Staff offer a welcoming and inclusive learning environment. Children settle readily into daily routines and make friends with which to play. Their behaviour is good.



•Staff have detailed information about the progress that individual children make. They share this information with parents to support children's ongoing learning and development, in the provision and at home.

•Leaders continually monitor and improve the quality of the provision, to help secure good outcomes for all children. "We are pleased to have so many positive comments in our most recent Ofsted report," said Nursery Manager

Rebecca Fergus. "We will continue to strive for further and enhanced excellence in the education programme we provide."

To find out more about Bright Horizons Bright Horizons Chiswick Park Nursery and Preschool please call 0330 311 1786 or visit <https://www.brighthorizons.co.uk/our-nurseries/chiswick-park-day-nursery-and-preschool>

Fuller's Raises Money For Prostate Cancer UK

Fuller, Smith & Turner, the London brewer and premium pub company, is bringing back Wise Men – a seasonal beer that will also raise money for leading men's health charity, Prostate Cancer UK.

This is following the success of the beer last year, when it was initially launched as a Christmas beer. The beer will be available during December in Fuller's managed and tenanted pubs and independent free trade outlets.

The beer is a 4.0% golden ale, with piney, tropical and citrus notes and hints of lemon and coriander on the palate. It is brewed with Saaz, Chinook and Bravo hops and then dry hopped with Sorachi Ace and UK hop, Jester. The beer is available on cask only.

It was officially launched on Monday 4 December. Fuller's will be donating 50p for every pint sold in its 198 Managed Pubs and £10 for every firkin sold to its tenants and free trade customers.

Prostate cancer is the most common cancer in men in the UK, and 11, 000 men die



from the disease each year. By 2030, it is set to become the most commonly diagnosed cancer of all in the UK.

Money raised through Fuller's pubs and their customers will help fund research into the diagnosis, treatment, and prevention of prostate cancer, as well as supporting men and their families who are affected by the disease.

James Beeby, Director of Fundraising at Prostate Cancer UK said: "We were delighted to find out that Wise Men was going to be back for the second year. Not only are Fuller's raising money to help fund

research for prostate cancer through selling and brewing the beer this Christmas, but they are also raising vital awareness of the disease among their customers. I'm looking forward to a pint very soon!"

Nick Corden, Retail Marketing Manager for Fuller's, said: "I think this is a fantastic idea, raising money and awareness for an important cause with a delicious beer. After the success of Wise Men last year, it was a no-brainer to work with Prostate Cancer UK again this year and relaunch the seasonal beer."

At Urban Pantry, we are now changing our menu every 2 weeks to make sure the food we serve is the freshest and most seasonal around locally. We're also the winners of the TimeOut award for 'Best Cafe in Chiswick'

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The Government Not Tackling the Housing Crisis

by MP for Brentford and Isleworth Ruth Cadbury

The lack of truly affordable housing in London is the biggest policy challenge for the Government now, and one they are refusing to tackle. The Chancellor, in presenting last week's Budget, said that the Government is determined to fix the broken housing market and restore the dream of home ownership for a new generation. But here in West London many people just dream of having a home, let alone owning one, and that's why I challenged the Housing and Local Government Minister last week in Parliament to explain the Government's position.

I meet young and even not-so-young people locally who are unlikely to be able to leave their parents home for years. I meet so many families who have been made homeless, having to live for years in poor quality, temporary accommodation they can hardly afford, always at risk of having to move. And we are all aware of the shocking rise in rough sleeping in the last seven years.

The Chancellor repeated the mantra that the only sustainable way of making housing more affordable in the long term is to build more homes; yet there isn't a jot of evidence to say that building more homes in London will bring prices down in the current distorted housing market. But even if it did - shaving a few thousand of the asking prices, wouldn't help anyone earning less than £100,000 or without a 6-figure deposit from the bank of Mum and Dad.

According to the Government's own figures average prices in London are 12 times the average worker's salary, so we need significant Government support to build homes that local people on all but high salaries can afford. Hounslow Council alone has around 10,000 households registered as being in housing need, so the national promise of 25,000 "affordable" homes is a drop in the ocean of what is needed.

The last time this country build more than 250,000 homes a year was in the 1970's and 40% were council homes. We

need to aspire again to building good quality, affordable to all stable permanent homes. Truly affordable rents will cut the benefit bill that currently goes to private landlords, and a major building programme will help the economy. Achieving this isn't rocket science. Council housing is a good investment, with rents providing a guaranteed return, so Councils should be free to borrow to build. Whilst the Chancellor announced a limited lifting of the borrowing cap, this is only a start, and requires Councils to compete for the privilege.

To really tackle the problem the Government needs to fund new home building on a massive scale. The £2bn promised for the affordable housing programme is a drop in the ocean of what is needed and the small print of the Budget Red Book has revealed that the £2bn promised for affordable housing is in fact coming from a cut in spending on other housebuilding programmes particularly "accelerated construction" and "starter homes" - so not new money.



Furthermore the Government is pushing £3.2bn on a stamp-duty giveaway to 3,500 first time buyers; that's £924,000, or three new Council homes for every buyer it benefits. Cutting stamp duty will just push prices up, won't increase housebuilding, and was tried and stopped by the coalition Government. What's more, the amount it will cost taxpayers overshadows the Universal Credit changes announced that cost £185m by

2022-3.

The Government has got its priorities on housing completely wrong, and Londoners and those who want to live in London, are losing out. UK Parliament Disclaimer: This e-mail is confidential to the intended recipient. If you have received it in error, please notify the sender and delete it from your system. Any unauthorised use, disclosure, or copying is not permitted. This e-mail has been checked

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Contact Ruth Cadbury:
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Email: ruth@ruthcadbury.org.uk

Ruth Cadbury MP "Appalled" At Rising Poverty

This week the Rowntree Foundation released figures showing a rise in poverty, while in Hounslow the local Foodbank has had to increase its food packages and the Council are funding a Shelter Project over Winter.

Ruth Cadbury MP for Brentford and Isleworth said: "The government has failed to continue the last Labour Government's successful work of tackling poverty. I'm appalled at the poverty, hunger and homelessness this Government's cuts and failure to act has resulted in."

The Rowntree foundation found 400,000 more children and 300,000 more pensioners are stricken by poverty than from 2012 to 2013. This is the first recording of an increase in child and pensioners poverty in twenty years. This substantial increase is directly



correlated to the lack of support and assistance this current government is providing in tackling the causes of poverty.

Ruth Cadbury MP sought charitable donations in Osterley Tesco's for those stricken by the effects of poverty last week. The public kindly gave donations of food that they purchased in Tesco to help the cause.

Hounslow Council are funding the Shelter Project Hounslow again this Winter, which provides shelter and support for rough sleeping men referred by various organisa-

tions. This project provides the homeless males shelter in local churches as oppose to seeking refuge on the streets. Also in the Brentford and Isleworth, Hounslow Foodbox is helping to tackle food poverty - moving from 3 days food to 7 days for all those referred to them, and supporting universal credit applicants from the day the claim is made to the day payment is received.

Ruth Cadbury MP said: "It's really worrying that there will be families round here who will have no Christmas dinner, nothing for the children, no presents for the children."

Improving Chiswick's Parks

By Gary Malcolm, Leader, Liberal Democrat Group

As we approach the local elections, which take place this coming May, many residents in Southfield have thanked myself, and my two Liberal Democrat ward colleagues for the improvements to the local parks and open spaces.

They are now rated with a Green Flag status for the last two years. To gain the accreditation we needed to work with residents' bodies, park rangers, so our allocation of money was spent on items that would be used and enjoyed by Chiswick and Acton residents.

When I see the green flags flying, I feel extremely proud. Working together makes a tough task so much easier. Some of the improvements to our open spaces such as Southfield Rec, Acton Green and Acton Green Common have included:

- Timed lighting, to extend the use in the morning and evenings, helping more commuters get to work using the parks.

- Increased the number of play equipment that helps residents' and their families exercise for free.

- Persuaded the Council to start a dog walker licence so that fewer people walk their dogs with an excessive number of dogs, which unnerved some residents.

- Looked to limit the number of events that take place on some open spaces. When events do take place rental money into the Council gets spent on improving the quality of the drainage.

- Exercise markings so joggers know how far they have ran in their exercise sessions.

- Many of the notice boards in our parks, the pathways and fencing have been improved. Since many of these measures were introduced, the feedback from residents has been very positive. Our parks are places that people want to go to in the day - and people now feel safer in the evenings when they did not before.

These improvements have come from consulting residents to get their ideas. Residents have so many great ideas. The day I was first elected 16 years ago, I knew residents' views should not be discarded. Involving residents is very natural for a Liberal Democrat.

Being bold and positive we ensured that we have improved green spaces which many feel are really important for relaxation at the weekends. If I am re-elected in May 2018 I will continue to ask residents for their views and continue to make improvements to our parks. Let me know what you want from your parks!"

Thank you,
Councillor Gary Malcolm,
Leader, Liberal Democrat Group.

RESIDENTS TURN OUT FOR CABINET QUESTION TIME

Hounslow Council's Cabinet members were quizzed by local residents in Isleworth at the latest Cabinet question time event last Thursday 30 November.

The event was held in the Music Room, Spring Grove House, West Thames College, London Road.

In a vibrant question and answer session, Cabinet members were asked about a number of local issues. These included anti-social behaviour such as fly tipping and street drinking, rough sleepers in the area and policing matters.

There were also discussions on recycling, and in particular the recycling of plastic items and the closure of Space Waye, the borough's reuse and recycling centre for two weeks in December [9/10 and 16/17]. The site will be reopening to the public seven days a week from Monday 18 December.

Chairing the event was Chief Superintendent Raj Kohli,

Borough Commander for Hounslow Police.

Councillor Steve Curran, Leader of Hounslow Council and Cabinet colleagues spoke on the topics and issues raised, and relayed information in order to answer residents' questions.

Joining Cllr Curran were Councillor Theo Dennison, Cabinet Member for Finance and Engagement, Councillor Katherine Dunne, Cabinet Member for Housing, Councillor Tom Bruce, Cabinet Member for Education, Children's Services and Youth Services and Councillor Candice Atterton, Cabinet Member for Jobs, Skills and Opportunities.

Councillor Curran said: "I would like to thank those residents who attended, especially on a cold night.

"As always, we were kept on our toes with their questions which is what we fully expect and we were delighted to see residents so rightly interested and passionate about what is going on in the area where

they live.

"I particularly enjoy these events because they're a good opportunity to meet residents face to face where they live - without them having to come to us at the Civic Centre.

"There were challenging questions and we will of course look at everything that was asked in more depth so we can follow-up as necessary.

"I would also like to thank Raj for doing a great job in chairing the event, it was much appreciated.

"We now look forward to the next Cabinet question time event and will make the next date and venue known once we have confirmed arrangements in the New Year."

Following positive feedback from the previous four question time events in Chiswick, Feltham, Brentford and Heston, the aim is to hold these on a regular basis in different venues across the borough.

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Christmas FoodBox Appeal Residents Shop Local For Small Business Saturday



Faced with hungry families from Chiswick to Feltham, Hounslow Community FoodBox will be staying open on Christmas Eve in an attempt to put food on every table next day, and to provide every child with a present from Santa.

Ruth Cadbury MP is warning that it will be the "worst Christmas ever" for many families across the borough.

She said: "It's going to be terrible. I mean, really worrying that there will be families around here who will have no Christmas dinner, nothing for the children, no presents for the children. I think this is going to be the worst Christmas for too many local families that there ever has been."

"We're talking thousands – thousands of families are on Universal Credit, hundreds

and hundreds of families will be having problems with Universal Credit."

While shelves at the food bank in Brickfield Close, Brentford, appear full, the demand from hungry families is at an all-time high and supplies are being used up rapidly. And it's not just food that's wanted, it's toys.

Volunteer Tina Noel said: "We're going to deliver a week before Christmas so every child is going to get a present of some kind. We're coming in Christmas Eve. We'll all have Christmas hats on, mince pies on the table, lots of Coca-cola and stuff, just to make sure that on Christmas Day all our clients have something to eat – and presents for the kids, crayons, teddy bears."

As a charity, FoodBox tries

to sidestep political issues. Hounslow has been leading the roll-out of Universal Credit, with its well-publicised problems.

FoodBox trustee Cllr Katherine Dunne said: "We're one of the areas of the country which has the most people on Universal Credit. We have over 12,500 people on Universal Credit."

And Tina Noel explained: "Everyone who comes in here is hungry. At the moment it's because of Universal Credit. That's 90 per cent."

Now FoodBox is mounting a pre-Christmas campaign for donations and volunteers to enable it to cope with the expected Christmas crisis. Can you help save someone's Christmas?

Hounslow was bustling with festive cheer as residents came out in force to support local traders on Small Business Saturday at the weekend.

Hounslow Council once again actively supported the now-annual initiative with the Mayor of Hounslow, Councillor Sue Sampson, plus fellow councillors and Ruth Cadbury, MP for Brentford and Isleworth, giving their personal backing to local shops.

The first weekend in December is traditionally known as the busiest shopping day of the year with three weeks to go to Christmas Eve.

On Saturday, residents enjoyed a Christmas market at Isleworth, which included food, gift stalls and a giant Ferris wheel. Father Christmas was on hand and there was lots of activity with other local traders across the borough.

Small Business Saturday, an initiative that originated from the United States, is now held annually and it has once



again seen the profiles of local businesses rise as residents and visitors visited independent shops and spent time in their local High Street as they hunted for Christmas gifts.

The event is also aimed at creating a more long-term boost for local businesses and the communities they are in and to encourage people to make use of their local traders and local shops throughout the year.

Cllr Sampson said: "It was fantastic to see so many people out and about in the bor-

ough supporting their local businesses and the borough is looking very festive with Christmas just around the corner.

"Not only is this good for trade in the run up to Christmas but it's also a chance to see just what our local shops have to offer all year round. Small Business Saturday is a great campaign but we encourage everyone as much as possible to shop on their doorstep whenever they can."

Chiswick Residents Asked To Respond On Third Runway

Now that the Government has extended the consultation period on the proposed Third Runway at Heathrow until 19 December, CHATR (Chiswick against Third Runway) is appealing to local residents to act now to lodge their objections. This follows the publication of new information reinforcing the negative environmental impact on west London, particularly on air pollution levels, and revised figures putting Gatwick ahead in terms of the economic benefits.

A spokesperson from CHATR said: "Even if you lodged an objection during the previous consultation period, we ask you to add your voice again in opposing the Third Runway in order to demonstrate the strength of local opinion and have an impact on the decision-making process. The combination of increased noise, traffic and air pollution will dramatically alter the environment and change Chiswick forever."

Officially produced noise maps have significantly increased and highly disruptive aircraft noise if the new flight paths are organised, as expected, to minimise the total number of people affected.

You can respond using the online form [https://www.gov.uk/government/consultations/heathrow-expansion-revised-draft-airports-national-policy-statement] although CHATR recommends that it's probably easier to send your comments by email: RunwayConsultation@dft.gsi.gov.uk (or write to: Freepost RUNWAY CONSULTATION) to avoid tackling the technical language in the online form. CHATR added: "Please bear in mind that if you do use the form, you are free to write whatever you want about your objections and there is no need to give a lengthy response, whichever medium you use. We suggest that you could base your response on a very useful list of key points produced by campaign group HACAN."

CHATR is currently writing to every MP as part of their campaign against the Third Runway but is keen to remind residents of the need for individual action: "We are appealing to everyone to submit an individual objection, as the volume of objections lodged is critical."

Airport Watch has advised that there will be new flight path directly over Chiswick with many feeder routes as planes turn onto the new glide path to approach the runway. Planes will be at an estimated 2,000 feet only with a noise of 70-90 decibels, which is significantly above any levels currently experienced. This would be similar to the noise disturbance currently experienced in places like Richmond or Twickenham.

HACAN has produced a short summary of the key points of the consultation. To contact CHATR: email chatr@mail.com



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Local Nursery Eyes International Expansion

Local Nursery group Buttercups (with nurseries in Chiswick and Homefields) was chosen by the Department for International Trade to be part of its Early Years Education trade mission to China, earlier this month.

As an Ofsted Outstanding childcare provider, Buttercups were representing the UK sector, offering expertise and advice whilst exploring opportunities for collaboration.

More than 700 Chinese partners met with Paul Whitehouse, Buttercups Director, and the 13 other UK representatives, in a number of forums and networking events in Beijing, Shanghai and Shenzhen. Delegates were also able to observe first hand existing early years provision in China and see the scale of investment involved. "The extent to which the EYFS is known and welcomed by many already in China was a real surprise. The scale with which it was implemented was also a shock with some nurseries being 200 or 300 place settings," said Paul Whitehouse.

With the largest education system in the world, China looks set to have an industry worth £340 billion by 2020. It is a measure of their high regard for UK nursery provi-



(above) The 14 UK delegates with Antonia Romeo, Permanent Secretary for the Department for International Trade and their Chinese hosts



Buttercups Director, Paul Whitehouse, discusses nursery provision with one of the Chinese delegates.

sion that they are inviting UK companies to discuss expansion into this booming market. Paul said, "The trip was an excellent chance to imagine expansion for which the barriers, to an organisation of

our size, would initially seem insurmountable." As a follow up to the trade mission, representatives from a Chinese Real Estate firm visited Buttercups Day Nursery in Ealing this week.

Ruth Cadbury: Budget Housing Policy 'A Drop In The Ocean'

Ruth Cadbury MP spoke in Parliament on how the Chancellor's Budget falls short of doing enough to tackle the housing crisis and supports St Mungo's at their event on homelessness.

Ms. Cadbury said: "The lack of truly affordable housing in London is the biggest policy challenge for the Government now, and one they are refusing to tackle. Here in West London many people just dream of having a home, let alone owning one, and that's why I challenged the Housing and Local Government Minister last week in Parliament to explain the Government's position."

"The £2bn promised for the affordable housing programme is a drop in the ocean of what is needed and the small print of the Budget Red Book has revealed that the £2bn promised for affordable housing is in fact coming from a cut in spending on other housebuilding programmes particularly 'accelerated construction' and 'starter homes' - so not new money."

Ms. Cadbury attended St



Mungo's Homelessness event in Parliament on 29th November to hear from people who have experienced homelessness, as well as from the Rt Hon Sajid Javid MP (Communities and Local Government Secretary) and the Rt Hon John Healey MP (Shadow Housing Secretary). The reception was also a chance for Ruth Cadbury to hear about the work St Mungo's does to end rough sleeping.

Ms. Cadbury was one of more than 20 MPs from across political parties who seek to do what they can to help end rough sleeping in their constituencies. Rough sleeping

has increased by 134% over the last five years across England. Recent figures revealed that 8,108 people were seen rough sleeping in London in 2016-17. Howard Sinclair, Chief Executive of St Mungo's, said: "Rough sleeping is harmful and dangerous and ruins lives. Tackling homelessness is one of the major issues society faces over the coming years and we welcome the announcement of a new homelessness taskforce, announced in the Budget, and more piloting of innovative approaches such as Housing First."



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St Benedicts Pupils Visit Russia



Students at local school St Benedict's in Ealing, went on a fascinating trip to Russia recently, for the 100th anniversary of the 1917 Russian Revolution.

The tour began in St Petersburg, where the 33 pupils visited the Heroic Defenders of Leningrad War Memorial and Museum, and Finland Station in Lenin Square, where Lenin returned from exile in Switzerland, to start organising the October Revolution.

From here, they progressed to the Smolny Institute, Lenin's main Bolshevik headquarters. They also visited the Hermitage Museum, with its vast range of collections, the Peter and Paul Fortress, founded by Peter the Great in 1703, and watched the ballet Giselle at the Marrinskii theatre.

In Moscow, everyone was amazed by the elaborate Russian metro, with its chandeliers and mosaics presenting Socialist realism pictures

- very different from Ealing Broadway! In Red Square they visited beautiful cathedrals such as St Basil's, building on their knowledge of Tsarist history. In contrast, a trip to Lenin's Mausoleum was truly terrifying, under the watchful eye of the Russian military.

This trip illuminated the complexity of Russian history, as well as its fascinating culture and tradition.

Hounslow Council Leader Proud Of Positive Community

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Councillor Steve Curran, Leader of Hounslow Council, has expressed his pride that the borough's residents of different cultures and faiths exist peacefully alongside each other in a community that is safe, and great place to live, work, go to school and to visit. Speaking in the wake of re-tweeting of videos from a British far-right account that con-

tained anti-Muslim content by US President, Donald Trump, Councillor Curran said: "The Council, local police, local organisations and borough communities in Hounslow all work together to prevent hate related crime. "I fully agree with the Mayor of London's statement, that the re-tweets made by President Trump could do much

harm and undermine "the value of tolerance and diversity" of our communities here in the UK." "In Hounslow our message to those who carry out despicable crimes of hate is simple. We won't stand for it, and we will take action to protect all sections of our community, and enforce the necessary action against you.

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Rev Martine Osborne

St Michael's Church,
Elmwood Road, Chiswick.

Don't just make a Christingle this year – BE a Christingle!!



Well, December is finally here. Advent calendars are at the ready. And I'm beginning to receive messages from my children - thoughtfully providing links to the websites they would like me to forward to good old Father Christmas. To be fair to them, they are also offering to help with the food and shopping and checking that I have made a plan for seeing Granny. So Christmas preparations are officially under way. The countdown has begun.

And, although Osborne family Christmases are never perfect, I'm confident we'll have a lovely time - whether I get round to making the chocolate truffles myself or end up buying them from the supermarket. And the children will be happy. But many children at Christmas are not happy. Because Christmas is a time when all the bad things in their lives - like a parent's alcoholism or how they feel about living in a care home - suddenly feel worse than ever. In the UK around 100,000 children under 16 run away from their homes, foster families or care homes every year. And they often end up alone, frightened and being exploited by drug dealers and sex predators.

Fortunately, wonderful charities like The Children's Society do amazing work reaching out to vulnerable young people, giving them hope and showing them they are not alone. Like many churches, we'll be having a Christingle service this year - to have a fun and sticky time with oranges, candles, red ribbons and sweets. And also to raise money for the work of The Children's Society. But is there more we can do than simply raise money? Given that many of these runaway children live in our

city, in our borough, possibly even our street - can't we do more?

When I was a child, my parents were not well off. And I can remember one Christmas being invited to my Dad's boss's house. It was a huge house in the country. There was daughter a couple of years older than me who showed me her pony. And the mum let me choose a chocolate from the biggest box of chocolates I had ever seen. I can't believe this is true, but I remember the box being about the size of a table. It was a nice afternoon and it was generous of the family to invite us. But I can't say I enjoyed it. And we were only invited once a year at Christmas time. I could not have articulated why these visits made me uncomfortable when I was a child. But now, I think that, deep down, I realised that my Dad's boss and his family had no real desire to be our friends. They just felt sorry for us. Because

we didn't have half the things that they did.

If we truly want to help people around us, we need to stop thinking of them as 'have nots' and seek to build relationships of equals with our neighbours. Maybe take the time to find out who, in your child's class is late every day or regularly forgets their swim things or gets into trouble with the teacher. Maybe you can get to know this child and their family. Not so that you can 'help' them but so you can simply get to know them. And offer to be a genuine friend - seeking to both give to the relationship and to receive from it too. And that starts by listening. Simply listening. And forgetting all about what you could or should do for someone. I don't know a huge amount about the work of The Children's Society. But I get the idea that this is what they try to do in their relationships

with the young people they work with. Just getting to know them and being with them. So that they feel loved and find the confidence to sort any problems out for themselves. The word Christingle means the light of Christ. And it reminds us that Christians believe Jesus came into the world to bring light to the darkness. This year, let's not just make Christingles, let's BE Christingles - bringing light to the darkness. Make some new friends at Christmas, real friends. And you will be doing just that. Bringing light to the world.

St Michael Elmwood Road Christingle service in aid of The Children's Society - 3.30pm 10 December St Michael's Church: www.stmichael-elmwoodroad.org Join Martine Osborne's online church here: www.martineoborne.com

Chiswick Poet



The Glory of the Garden

Magnificent magnolia.
A rose with rosy hues.
Plumbago, agapanthus,
both different shades of blue.

Azaleas, hydrangeas.
A dazzling display.
Trillium grandiflorum,
such a bright array.

Daffodils and tulips
brighten up the spring
and crocuses and snowdrops
bring joy to everything.

Gorgeous looking hollyhocks,
could any flower grow higher?
Hellebores and hyacinths
that really do inspire.

So many types of flowers;
acanthus and achillea.
Some that we know well
and some not so familiar.

Lilies and violas
and pelargoniums too.
Dandelions and daisies;
we must include them too!

Hostas and hibiscus
and wonderful witch hazel.
Godetias and gypsophila
are surely bound to dazzle.

Monkshood looks so pretty
to include it would be good.
The trouble is it's poisonous,
so I wonder if we should!

Begenias, begonias,
astilbes and astrantia.
Could any flower garden
find anything that's fancier?

Doronicum, dicentra,
chrysanthemums, cuphea
and cyclamen and cosmos
all happy to appear.

And clarkia and clematis
to name another two.
Campanula and brunnera
and red hot pokers too.

Delphiniums and lupins,
geraniums galore.
Such rich and varied flowers
that our gardens have in store.

© Tony Inwood.

On the couch with Nicholas Rose:



Keep your children safe and well in their use of the internet

Do you struggle to talk to your children about their use of the internet and their safety and wellbeing? Are you tempted to stop your children using the internet altogether? Are you unclear yourself on what is appropriate internet use? Do you fear that talking to your children will only serve to drive them to hide their use of the internet from you?

Over the next couple of articles I will endeavour to provide some useful information on current thinking. However I will also offer some guidance on how to prepare and raise potentially difficult conversations about the use of the internet with your children.

In June this year new studies provided evidence that moderate use of the internet and social media does actually

benefit children and young people. Suggesting that use of social media helps build resilience and develop social skills thus having a positive impact on mental wellbeing. So it looks as though the usual thinking about moderation in all things does also apply to the new digital age too. In a future article we will look at what "moderate" use means however for this article we will focus on safety.

In the news this week has been the work by the National Crime Agency to protect children using live streaming platforms, work that resulted in 192 arrests and the safeguarding of 245 children. However National Police Chiefs' Council Lead for Child Protection, Chief Constable Simon Bailey, said: "We will keep working to-

gether to do this, adapting our approach so that nowhere online is safe for people out to groom children or view them being abused. But we also need help. We need internet companies to help us stop access to sexual abuse images and videos and prevent abuse happening on their platforms. We need parents and carers to talk to their children about healthy relationships and staying safe online."

A new animation has been developed and released to show how offenders try to build relationships online with young people and guidance for both parents and children on the risks posed by live streaming is available on the "Thinku-know" website.

The website is helpful in providing information on warning signs to look out for, ac-

tions to take and how to access further support and information. As they point out, the best way to address these issues is to be able to have "Calm and open conversations" however they also recognise that you might find trying to talk about safety overwhelming and that you might yourself struggle with difficult feelings.

They provide really great information on how as a parent you need to act and also what you might expect to experience yourself and how to manage that. I think this is really valuable reading if you are at all hesitant in starting a conversation because it is possible that your hesitancy is indicating that you do not yet feel fully equipped.

The only criticism I have of the information is that it is

presented as a resource to be used if you find out your child has been abused, I would argue that it is really very good reading in terms of how to prepare for any potentially difficult conversation with your children. Why? Because as parents it is so easy to feel under pressure and carry expectations about how you should know what is right and wrong and know what to do. It is natural to feel this way and it is also natural for your children to feel nervous about not getting things right, upsetting their parents or have unrealistic expectations about what you know and can help with. The important thing is to be aware of this and think these things through in anticipation of starting any conversations.

In the next article I will write

about what is needed from you as parents in talking to your children about the potentially difficult subject of their internet / social media use.

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Walking the Queen Charlotte Track in New Zealand

Francesca Baker writes about a recent trip to Amsterdam

'Look at his legs,' Tessa says.. I can't stop looking at them. I am panting heavily as I look at them. Day one of the 81 kilometre long Queen Charlotte Track, and our guide Ray, a rather sprightly 76 year old who runs up the hills billy goat style, is full of vigour.

He has been walking and running for years, 'the chance to see places that I wouldn't ordinarily' being the allure. Every month he will do this route 5 or 6 times, in his 'retirement.' 'I'm a runner really,' he explains. As though this makes the track any less of a challenge to us more sedentary types.

The Queen Charlotte Track traverses the Marlborough Sounds, the drowned river valleys at the top of New Zealand's South Island, and is surrounded by 1500 km, or over a fifth of the country's coastline. Sounds for the geologically curious reader, are sea drowned river valleys, caused by rising sea levels and subsiding land. Swathes of green hills meet turquoise waters of the Cook Strait, outlined by a golden line of highlighting beaches. The views are startling; the walk a challenge; the experience wonderful. All of which have me wondering why it does not qualify as one of New Zealand's 'Great Walks.'

The island is decidedly spoilt though for walking routes, with numerous tracks and routes of varying surface, terrain and difficulty cross crossing the islands. 'New Zealand is my favourite place to walk, by far,' Ray tells me. Despite having trekked everywhere from the Andes to the Antarctic, via Camino, Niagra and the Great Wall of China, he feels there is something 'right' about the nature and variety of New Zealand that puts him at ease.

They call it tramping here. To my English ears this sounds decidedly seedy. The kind of thing that occurs in dark Soho basements inhaling the grim smell of stale smoke and desperation, rather than out here, the great outdoors, with its heady scent of freedom. Whether you call it tramp-



ing, hiking, yomping, traversing, rambling, strolling or just plain old walking, the fact is that New Zealand is famous for it, and Ray's legs testament to its value. With such vast space and so few people, sky high mountains and rocky crags, rolling hills and green, green grass, deep blue lakes, and a diversity of nature and landscape that is the dream of geographers, geologists and botanists, it truly is the world's adventure playground.

Well defined, it is possible to do the Queen Charlotte track alone, or with a guide. I opt for a mix of the two, and so it is that on day one I follow Ray, from Marlborough Adventures, along with eight women from Australia away on a 'girls' weekend. 'The boys get their golf, and we walk' they tell me. 'It's a chance to walk and talk. And the physical challenge is great.' Having got the boat over from Picton, the sleepy little town at the north of the South island, that was followed by dolphins not just nodding noses at the surface but bounding behind, we are ready to begin. Our first stop is not quite the Queen Charlotte, but Motuara Island, a small bird sanctuary, uninhabited by humans, very inhabited by birds. Cameras are almost shutter to beak with them, so tame are they.

Occasionally a little box can be found on the lower parts of the track edge. 'What are these?' I ask. Ray lifts the lid, and they are full of feathers. We all squeal with delight then. 'These? They are where the small blue penguins come to shed their feathers and grow new ones, in their annual moulting process. They nestle in here for 6 or 7 weeks, go bald, and then grow new feathers.'

Despite desperately keeping our eyes peeled we don't spot any of these small little creatures, the motherly cooing of my co walkers not quite managing to attract them out of season. Winged creatures are abundant. From the famous New Zealand Weka, bustling along making its distinctive ee-wee screech, the elusive kiwi, which I never actually see, black little robins hopping around, bellbirds charmingly according to subsequent research, the winged creature is well catered for here. 'There are no predators here' Ray says, 'and plenty of places to make home.' It is a bit of a tour guide cliché, but true, and he says it anyway. 'The most dangerous species, is

you.'

Captain James Cook was on to something for it was he who, in 1770, first 'discovered' Ship's Cove where the walk begins, made the first known contact between Maori people and Europeans, and used the spot as his New Zealand base. A clever chap, he was the only officer to eradicate scurvy amongst his men, feeding them a plant so rich in vitamin C that it is now called 'Cook's Scurvy Grass', which he made more alluring by pretending that it was premium sustenance for officers only. Ray even adds some to his sandwiches. 'Good for you,' he shrugs.

South from here you see the snow trusted peaks of the craggy Kaikoura ranges, whereas further north is Wellington, the shadowy outline of the capital a reminder of civilisation. 'I never get this,' breathes Claire, heavily exhaling in joy. I ask her what she means. 'Feeling free, not when I am in the city. It can be so...oppressive.' Between us all we cover Sydney, Melbourne and London, and this kind of experience is rare. 'This is so much fun,' says Sarah, with almost childish enthusiasm. Everyone seems to be enjoying this physical challenge, maybe more than me. Faced with hills I am not the

kind of girl who squeals with delight, but being half the age at least of everyone else on this trip, I must not lose face, and press on. I do love walking. Sarah only did her first walking holiday last year, and has fallen in love with it. 'I want to walk the world.' She grins at me. Walking like this makes us all appreciate the simple act of one foot in front of the other more than we ever realise when on the pavement inn every day life. 'Isn't it funny' I ask, 'how a simple thing that we all learn when children becomes so much more than just getting from a to b when somewhere like here. It's almost transcendent, spiritu-



al...' I trail off as yet another view hits us. Just more hills, more trees, more sea, but beauty.

It is March, and the summer weather still lingers, green banks and tree lined mountains just starting to be flecked with golden hues. In the morning the cloud is dense, breaking to warm sunny afternoons, but it is the transitional period that is so beguiling, when the milky film and chromatic light starts to dissipate, the cloud breaking, and the shadows on the aqua water like big shimmering circles, iridescent to the eye.

The landscape is surprisingly varied. Tall aloof pines line

up neatly, to evolve into muggy al-rainforests and green rolling hills. Glossy Karaka trees, once a staple nourishment of the Maori mark the high water zone. The red flowering Rata Vine catches the eye, and delicate yellow daisies quiver in the breeze. The land was farmed for a long time, logs felled for Cook's ships and forestry only ceasing recently. Further down the track between Mistletoe Bay and the end at Anakiwa there is almost an English countryside feel, with low fences, tweeting birds, farm paddocks and horses on the slopes.

I love walking. I love breathing fresh air. I love using my body. I also love hot showers, comfortable beds, and a glass of wine at the end of the day, and thus see no shame in admitting that whilst the Department of Conservation do provide camping grounds in designated spots en route, I opt to stay in nice hotels and have my bags shipped from day to day along the coast, courtesy of Marlborough Adventure. In fact, towards the end of the first day the words 'could murder a cold one' are being uttered by us all. The Punga Cove Resort, Peppers Portage, and Furneaux Lodge are all nice, comfortable and clean resorts, serving good food with good views, lawns reaching to the water's edge, and a relaxing vibe to the end of the day.

Day three, when I walk alone, although with accommodation and bags still being transported for me, is by far the toughest. The track itself is literally tougher, over 24 km of the most undulating terrain, not only varying in gradient but texture. Rocky steep hills result in me looking at my feet too often, and I find myself trying to keep balance by adopting a sort of goose stepping pointe ballet hybrid approach, which is neither aesthetically pleasing nor particularly successful as a walking strategy. But as well as this the camaraderie and enthusiasm of a group is noticeably absent - especially a group of chatting ladies.

That's not to say I am alone. All sorts of people are out tramping, with young backpackers and their sleeping bags, older people on guided tours, fit middle-aged men running, and mountain bikers panting up before the downhill thrill. Challenging in places and meditative in others, the walk is certainly more than a stroll.

The final spot on the track, where the boat comes to return me to Picton, is Anakiwa. Twenty kilometres remain until then. The low points, when views are less stimulating but the effort levels needed are equally less, are welcome. These dips are called saddles, and were used as less arduous options for transport-



ing goods. In fact much of the track was originally used as bridle track up before the downhill thrill. Challenging in places and meditative in others, the walk is certainly more than a stroll.

Those earlier settlers had a felicitous approach to naming spots on their travels. It is hard not to feel inspired sitting eating lunch at Resolition Bay and looking out on the ocean, where cool Pacific waters

roll in and out, cleaning silt and leaving it beautifully clear, all be it a cool fourteen degrees. Or that indeed an endeavour was being undertaken at Endeavour Inlet, albeit not one on the self some scale as Cook and his men. We also clamber over Woolshed Peak, see and reach Cnocna Lear, a revealing hint at the nationality of some off those first European visitors.

On this final day I reach the highest point on the track, 487m above sea level, although in this case nameless for its achievement, somewhere

between Torea Bay and Lochmara. It is easy to become saturated with stunning scenery on this walk, easy anywhere in New Zealand, where exclamations of wonder at the spirring mountains and sparkling waters becomes too commonplace.

Facing Anakiwa on the track, to my left is the Queen Charlotte Sound and to the right Pelorus sound. It strikes me how simple this all is. Hills, water, walking. But how stimulating, beautiful, beguiling, and wonderful. The simple things in life are indeed sometimes the very best.

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Operational risk – a costly business

Dr P Singh - freelance writer, and director: Cash for Invoices Limited

Many examples of misbehaviour litter the corporate literature and explain why affected companies pay £millions in fines or end up insolvent. Better corporate governance offers a glimmer of hope to all stakeholders.

Car industries across the world have shown in recent months that low standards of corporate behaviour in its sub-industries are endemic. Beginning with Volkswagen, companies across the globe have rigged emissions results – perhaps to impress environmentally-conscious car buyers into choosing their car, or to pass minimum standards tests for carbon dioxide emissions. Similar errors of human judgement happen in virtually all other sectors of business.

The Financial Times chronicled corporate errors of judgement, cover-up, complacency, rule-breaking, and just about any other description of corporate wrongdoing: Mitsubishi Materials and Kobe Steel falsified data about the quality of their products. Nissan gave trainee vehicle inspectors the answers to questions in their competency

examinations. It also allowed uncertified vehicle inspectors to sign-off on inspections. That incident resulted in the recall of 1.2 million cars at a cost estimated to be 30 billion Yen. Such breaches of trust might have been going on as far back as the late 1970s and had become the norm. Car maker, Subaru also admitted to similar practices.

Foxconn-the Chinese maker of the Apple iPhone-saw its profits tumble 39% because of a design fault caused a holdup in the assembly of the iPhones, and that meant the assembler was left with unused labour for weeks. Uber paid \$100,000 to hackers to destroy data they had obtained. To make matters worse, Uber then failed to tell its regulators and it delayed notifying its investors of the incident.

Thames water has become a poster for unacceptable corporate misbehaviour and has paid a number of fines as a result - tipping sewage into the Thames (£20m); misselling contracts (£10.5m), and missing its water leakage targets (£8.6m). It is also an opaque company, and pays its inves-



tors and management team handsomely - some would say unjustifiably and to the detriment of its consumers. Fonterra paid \$125m for recalling infected dairy products it supplied. Just in case you felt corporate misbehaviour was the preserve of commercial companies, HSBC paid €300m to

settle an investigation that it helped clients evade tax, and acknowledged a control weakness at a Swiss subsidiary involved in the affair. Banks have paid collectively \$ tens of billions in fines for a variety of failures of operational controls, including rigging currency and interest rate markets, misselling

products to consumers, busting sanctions, and laundering money. These few examples illustrate that corporate misbehaviour knows no geographic bounds or business sectors. Corporate governance is one area where companies should begin the process of cleaning up their tarnished image

and restoring confidence and respectability of lenders, consumers, and regulators. The top-down approach means the senior executive and non-executive managers of a company must lead by example, an approach that has been lacking on so many occasions and for so long.

Bank of England says risk of disorderly Brexit reduced by progress in talks

LONDON (Reuters) - Last week's breakthrough in Brexit talks has reduced the risk of Britain leaving the European Union in a disorderly way and may boost economic confidence, the Bank of England said on Thursday after it left interest rates unchanged. BoE policymakers voted unanimously to keep rates at 0.5 percent as expected, a month after raising them for the first time in more than a decade.

Domestic economic data suggested the economy might be slowing slightly into the end of the year, but finance minister Philip Hammond's annual budget in November should modestly boost growth over the next few years, and Brexit talks appeared to be moving forward, the BoE said. Prime Minister Theresa May secured agreement from the European Commission last

week that Britain had made sufficient progress in preliminary talks to move on to negotiating a transition agreement and a longer-term trade deal. "This would reduce the likelihood of a disorderly exit, and was likely to support household and corporate confidence," the BoE said, adding that it would consider progress on Brexit more closely when it updates its forecasts in February. May is in Brussels on Thursday to get EU national governments to sign off on last week's deal.

BoE Governor Mark Carney has previously faced criticism from supporters of Brexit for focusing on the economic risks of leaving the EU. Carney says the BoE's mandate requires it to highlight publicly any risks it sees to the economy.

The BoE stuck to its view from last month that interest

rates were likely to need to rise gradually. "The committee remained of the view that, were the economy to follow the path expected in the November Inflation Report, further modest increases in Bank Rate would be warranted over the next few years," the BoE said. The BoE decision comes the day after the U.S. Federal Reserve raised interest rates for a third time this year, and shortly before the European Central Bank is due to make a statement on monetary policy. Economists polled by Reuters had mostly expected a 9-0 vote in favour of leaving policy unchanged from the Monetary Policy Committee after last month's rate rise. The BoE said this marked the start of a very gradual tightening cycle as the economy comes close to running at full capacity. Inflation hit its highest level in nearly six years in November

at 3.1 percent, and the jobless rate remains at the lowest since 1975, even though the outlook for growth is soft. Last month the BoE said it expected the economy to grow by 1.6 percent next year, unchanged from what it expects for 2017 and somewhat faster than the government and most economists polled by Reuters expect. Both financial markets and economists mostly expect BoE officials will wait nearly a year before raising interest rates again. The "very gradual" pace of tightening signalled by the BoE last month reflects both uncertainty about the economic impact of ongoing talks to leave the EU, as well as weak underlying inflation pressures that belie the high headline rate. Consumer demand has faltered this year mostly due to rising inflation - not Brexit



worries - so last week's agreement removed a downside risk, rather than pointing to stronger growth, economists have said. Figures overnight pointed to the weakest housing market since 2013 but retail sales data earlier on Thursday were unexpectedly strong, as shoppers pounced on Black Friday bargains. However, the BoE said that this was in line with expectations, unlike in previous years when it had disappointed, and that slack in the economy was being steadily eroded.

June 2016's Brexit vote. It expects inflation to fall slowly next year. Wage growth - which many BoE policymakers view as a good guide to medium-term inflation pressures - remains slow, with regular pay in the three months to October up just 2.3 percent on a year earlier. However, the BoE said that this was in line with expectations, unlike in previous years when it had disappointed, and that slack in the economy was being steadily eroded.

Trees, Tales And Trails At Kew Gardens

Explore the tranquil beauty of Kew's exquisite winter landscape.

Discover the unsung wonders of the incredible British winter landscape and benefit from off-peak daytime ticket pricing at the Royal Botanic Gardens, Kew, throughout the Christmas holidays. Visitors will experience a very different side to the Gardens as Kew's magnificent evergreen trees take centre stage and elegant snowdrops begin to emerge, along with other exquisite winter bloomers. With an exciting programme of special daytime activities and tours, there's plenty to do and see at Kew throughout the holiday period.

Within the steamy tropics of Kew's magnificent Princess of Wales Conservatory, visitors can get stuck into a variety of activities. From crafts to creative writing, these workshops will offer the chance to discover what nature gets up to during the colder months and the science behind why some flowers bloom in winter.

Activities
Morning Storytime

Step inside our flower-filled grotto to hear about plants that thrive in colder climes around the world. You'll recognise familiar fairy-tales with a botanical twist told by our resident storyteller.

Daily, 10:30am, 11am, 11:30am and 12 noon
Winter Flower Crafts
Create your own paper winter flower to take home and learn about three very special winter flowering plants: the classic snowdrop, the snow trillium and the white hoop petticoat daffodil.
Daily, 1pm - 3pm
Fantastic Firs and Other Conifers

Spruce, fir, or pine? Try your hand at identifying evergreen plants with this fun hands-on activity. Learn to spot the difference through the distinctive touch, smell and appearance of these festive conifers.
Daily, 10:30am to 3pm
Creative Writing Workshops

Let Kew's crisp winter landscape inspire you to write your own winter tales and poems, with the help of our resident writer. Write a diary entry or a sonnet imagining you

are a winter flower, pushing up through the frosty ground, or create your own beautiful paper poetry flower. Dream up new names for winter flowers and share your creations on Instagram and Twitter #Rename-TheFlower @KewGardens
Daily, 10:30am to 3pm
Tours

Winter Wonder Wanders beginning at the Princess of Wales Conservatory. This short family-friendly walk will take visitors on a gentle stroll to uncover some of the hidden gems of the Gardens in winter.
Daily, 10.30am, 11:30am, 12:30pm, 1:30pm and 2.30pm
Meet at the north end of the Princess of Wales Conservatory

Winter Treasures, starting at Victoria Gate. A fascinating guided tour to the areas of the Gardens that flourish during the colder months. The route changes depending on what's looking particularly good on the day, from snowdrops and cyclamen in the Woodland Garden, to the red and yellow dogwood on the banks of the Palm House pond.
Daily, 12 noon
Vintage Fairground and Festive

Food
A Victorian carousel and other fairground rides will stand proudly outside White Peaks Café, where visitors can also enjoy a delicious Winter Warmer menu, available in all of Kew's restaurants.

Christmas Tree Recycling
Once the festivities are over, bring your natural tree, minus decorations, for free recycling. The trees will be put through our shredder and the material will be used as acidic mulch, which is ideal for any acid loving plants such as Camellias, Rhododendrons and Ericas.
10am to 3.30pm, 26 December 2017 to 7 January 2018 at Brentford Gate

Festive activities (apart from the fairground rides) are included in the entry price and offered on a first come first served basis.
Off-peak ticket pricing:
Adult: £12.50, Child: £3.50, Concession: £11:00 (1 November 2017 - 31 January 2018)



Mental Health Discussions On I'm A Celebrity

I'm a Celebrity...Get Me Out of Here last month returned for its 17th series on ITV.

This year's line up at first caused some complaints as some claimed that the people on the show were only related to celebrities: for example Jamie Vardy's wife, Rebekah Vardy. However, since the show began, viewers have come to see Rebekah as a strong woman who wants to be recognised for her charity work instead of being defined by her husband.

Rebekah recently spoke about how she had problems growing up and how she attempted suicide when she was 14. By speaking about these major issues, those watching

who may be going through something similar, can have an insight into overcoming their problems.

It can also educate people who are not going through it, so they might be able to notice signs in friends or family members and then try to help them. Rebekah is an ambassador for YoungMinds, a charity that deals with the wellbeing and mental health of young people.

She claims that they helped her when she was growing up, hence she is honoured that they have appointed her as an ambassador.

Rebekah's campmate, Iain Lee, was asking her questions, which helped her to open up to everyone. He also spoke about his own mental health

problems.

People always assume that the lives of celebrities are extremely easy, however this is often incorrect.

Celebrities are people too and many have problems of their own. Speaking out about it publicly, may encourage more and more people to speak about any troubles they are facing and then receive the help they need.

It was brave of Iain and Rebekah to bring the subject of mental health up, as many people will be able to connect with what was said.



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Tuesday December 19th
from 5.30pm to 7.30pm

in aid of of St Michael and All Angels
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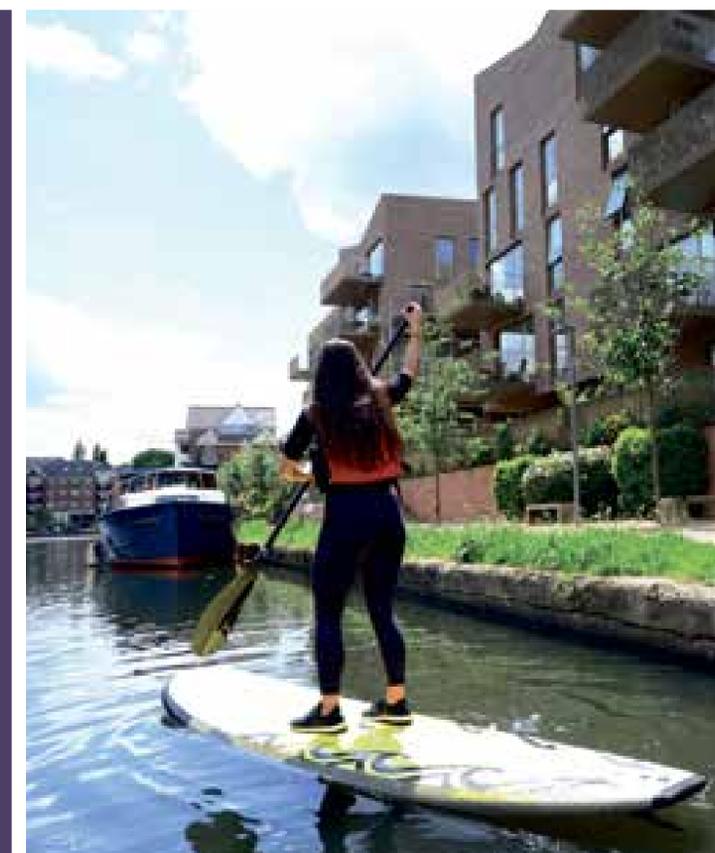
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APPLICATION MUST GIVE NOTICE IN WRITING TO:

Regeneration, Economic Development & Environment Department - Licensing
London Borough of Hounslow, Civic Centre
Lampton Road,
Hounslow TW3 4DN

Any representations must be received by (please enter the date 28 days from the day following submission of application to the licensing authority). Regrettably no representations can be received after this date. A person making representation may address members of the licensing panel at a subsequent hearing, although all representations will be considered whether the author attends or not.

The full application can be viewed online at www.hounslow.gov.uk or at the above address during normal opening hours.

Town and Country Planning (Development Management Procedure) (England) Order 2015 NOTICE UNDER ARTICLE 13 OF APPLICATION FOR PLANNING PERMISSION

(Notice 1: This notice is for publication in local newspapers if Certificate C or D is completed)

Proposed development at:

Name or the number: []
 Property number or name: []
 Street: []
 Locality: []
 Town: []
 County: []
 Postal town: []
 Postcode: []

Take notice that application is being made by:

Organisation name: []
 Applicant name: []
 Title: []
 Business: []

For planning permission to:

Description of proposed development: []
 Location of a Vehicle Parking/Motorcycle Storage and new second Vehicle/Pedestrian Access Gate from William Street: []

Local Planning Authority to whom the application is being submitted: []
 Local Planning Authority address: []

Any owner of the land or tenant who wishes to make representations about the application, should write to the council within 21 days of the date of this notice.

Signatory:

Signature: []
 Title: []
 Business: []

Signature: []
 Date (dd-mm-yyyy): []

Statement of owner's rights: The grant of planning permission does not affect owner's rights in relation of interest of their property, unless there is some provision to the contrary in an agreement or lease.

Statement of agricultural tenancy rights: The grant of planning permission for non-agricultural development may affect agricultural tenancy rights of tenants.

*Owner means a person having a freehold interest or a leasehold interest the unexpired term of which is not less than twenty years.

Tenant means a tenant of an agricultural holding any part of which is comprised in the land.

This notice is for publication in a local newspaper.



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3 Chiswick Park Station London W4 5NF
lettings@borthwicks.co.uk

**Beaumont Road, W4****£530,000**

Borthwicks are happy to bring to the market well-presented split level, two bedroom, two bathroom property located on this popular, residential road. Accommodation comprises dining room, large reception room, kitchen, bathroom, two double bedrooms and en-suite shower room.

Property has just been repainted inside and outside and has newly fitted carpets through. It would benefit from updating the bathroom and the kitchen. Property is located within easy reach of Chiswick High Street with its many restaurants, cafes, and shops. Good transport links offering speedy connections to Central London. Offered to the market with no onward chain. EPC rating C.

**Ivy Crescent, W4****£835,000**

A stunning 3 bedroom, 2 bathroom split level apartment with garden and Freehold title comprising solid Dutch oak flooring in the living area and bedroom with plenty of built in storage, original Victorian spiral stairway leading down to private garden, open plan hand built kitchen with Corian work tops and integrated appliances, and a stunning wet room. Top floor offers family bathroom and 2 good size bedrooms with fully fitted luxury carpets. All original windows were restored in 2012. This property needs to be seen. Ivy Crescent is located close to Chiswick High Road and within a very short walk to Chiswick Business Park and Chiswick Park Station (District Line).

**All Saints Road, W3****£449,950**

Borthwicks are pleased to offer to the market this 2 bedroom flat located on the top floor in the new development of Acton Gardens with a parking space. The flat comprises 79 SQ M, 2 bedrooms, utility room, family bathroom lounge/kitchen and a large private balcony. The flat is accessed by stairs and has entry phone system. All Saints Road is located within a one minute walk from South Acton Train Station offering easy and swift access to the city. Also a short walk to Acton Town Tube Station (District & Piccadilly lines).

Offered to the market with no onward chain. EPC rating B.

**Chiswick Village, W4****£450,000**

Beautifully presented Share Of Freehold property comprising large reception room with dual aspect and south facing balcony, double bedroom with ample handmade built-in wardrobes and access to the Handless Camden style kitchen has a Corian work top with seamless sink and breakfast bar, integrated Italian appliances The ceilings have been fully soundproofed so there is no noise pollution from upstairs . EPC Rating: D



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**Rothschild Road, W4****£275 per week**

A bright purpose built first floor one bedroom apartment located on Rothschild Road. The accommodation comprises of a lounge with kitchen area, double bedroom and bathroom. The property is well located being only a short walk to Chiswick Park Tube Station (District Line) and is within easy reach of Chiswick High Road with its many restaurants, gastro bars, cafes and shops. It is also close to the A4/M4 offering speedy access in and out of the city. Current EPC rating D. Available 23rd November. Fees apply.

**Chiswick High Road, W4****£325 per week**

1 double bedroom top floor flat ideally located on the popular Chiswick High Road within a stone's throw of Chiswick Business Park & Gunnersbury tube station. The flat comprises of a contemporary reception room into open plan kitchen which is currently being replaced, a large double bedroom with built in wardrobes and separate bathroom. It has great transport links on Chiswick High Road with its multiple bus services and via Gunnersbury tube station. This would suit a professional couple being close to Chiswick Business Park. EPC Rating - C. Available at the end of December. Fees apply.

**Devonshire Road, W4****£340 per week**

Borthwicks are pleased to offer this one bedroom flat in the heart of Chiswick, located right on the sought after Devonshire Road, moments from Chiswick High Road and a short walk to Turnham Green tube station (District Line, Zone 2). This property comprises of a reception room, large double bedroom and separate bathroom with bath and shower and a small private outside place. The property has recently been redecorated. Early viewings essential. Available now. Current EPC rating B. Fees apply.

**Heathfield Court, W4****£447 per week**

Luxurious two double bedroom property accessible by lift and with off street parking is situated in a prime central Chiswick location close to all Chiswick High Road's amenities including Turnham Green and within easy distance to Chiswick Park tube station. Two double bedrooms, a spacious lounge, a fully fitted kitchen and separate shower room. The flat boasts off street parking, communal gardens and a 24 hour care taker with heating & hot water included. Located in a well-respected and maintained block it is moments from Chiswick High Road as well as having easy road access in and out of West London and further transport facilities. Current EPC rating C. Available mid-November. Fees apply.

**Cunnington Street, W4****£499 per week**

A spacious three bedroom Victorian family house located in a quiet tree lined residential street in Chiswick. The accommodation consists of two double bedrooms and a single bedroom, two bathrooms, a spacious double reception and a fully fitted eat-in kitchen. There is a secluded west facing courtyard garden. The house is close to Chiswick High Road and its' superb range of shops, bars and restaurants. Chiswick Park underground station (District Line) is a short walk away and motorists have easy access to Heathrow Airport, the M25 and the West via the A4/M4. Current EPC rating D. Available 4th December. Fees Apply.

**Ravenscroft Road, W4****£357 per week**

Two bedroom property that has been fully refurbished to bring it up to a modern standard and vibrant home, consisting of a bright and airy lounge with double doors leading to a secluded patio garden that is a real suntrap in the summer, there is also a modern fitted kitchen, a good sized double bedroom, a smaller single second bedroom and a tiled bathroom with shower over bath. The flat is also carpeted though out. Located Minutes from Chiswick Park Tube Station (District Line) it is great for the commuter and also for the driver the A4 is only minutes away. Current EPC rating. Available 31st December. Fees apply.

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Property
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Garden
Amazing Kitchen
Beautifully Presented

**Ivy Crescent, Chiswick, W4**

Coming with a Freehold title occupying the first and top floor of this Victorian house, accommodation comprises solid Dutch oak flooring in the living area and bedroom with plenty of built in storage, original Victorian spiral stairway leading down to private garden, open plan hand built kitchen designed by the chef owner allowing amazing entertaining space with Corian work tops and integrated appliances, and a stunning wet room with exposed London Stock bricks.

Top floor offers family bathroom and 2 good size bedrooms with fully fitted luxury carpets. All original windows were restored in 2011, light switches and power points are finished in black nickel. This property needs to be seen. Ivy Crescent is located close to Chiswick High Road and within a very short walk to Chiswick Business Park and Chiswick Park Station (District Line).

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Horticultural Place, Chiswick W4
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Prebend Mansions, Chiswick W4
5 bedrooms, 2 bathrooms, WC, reception room, kitchen/breakfast room, ground floor apartment. EPC: D. Share of Freehold. Guide price: £1,395,000.

FOR SALE

St James Court, Chiswick W4
3 bedrooms, 2 bathrooms, WC, reception room, kitchen/breakfast room, garden, garage, parking. EPC: C. Freehold. Guide price: £1,100,000.

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Sharp House, Shepherds Bush W12
1 bedroom, 1 bathroom, reception room, open plan kitchen, balcony. EPC: B. Furnished. Guide price: £395 pw.

TO LET

St Albans Avenue, Chiswick W4
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TO LET

Vista House, Acton W5
Bedroom, bathroom, reception room, open plan kitchen, balcony. EPC: B. Unfurnished. Guide price: £395 pw.

TO LET

Flanders Road, Chiswick W4
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TO LET

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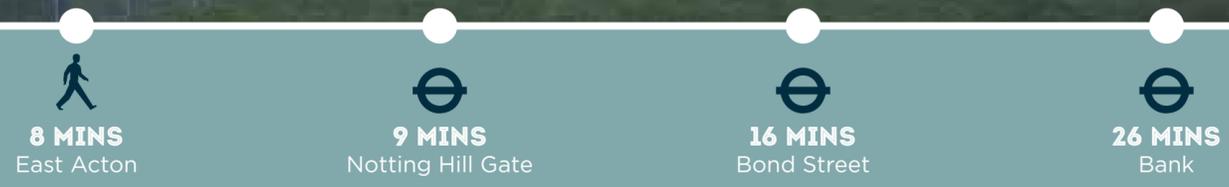
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Fulham edge win over Birmingham

Fulham were hoping to find a victory after suffering a disturbing defeat at the hands of West London rivals Brentford in their previous fixture. On Saturday Fulham hosted Birmingham at Craven Cottage and got off to a spectacular start when after only sixteen minutes, Liverpool loanee Ojo was able to reach Kebano's cross at the front post and side foot the ball into the roof of the net to give his side an early lead.

The hosts continued to dominate, yet were unable to take advantage of the array of chances they created, to double their lead. Most notably just before the end of the first half when a headed clearance fell to the feet of Kebano in the centre of the box following a corner and his low driven shot was parried away by Stockdale.

Fulham wasted a goal scoring opportunity once again in the 57th minute, Johansen was able to take down the ball



Fulham manager Slavisa Jokanovic

in the centre of the box, but could only fire it straight at Stockdale.

Fulham suffered a huge scare with fifteen minutes remaining when McDonald was judged to have impeded Nsue with a stray leg leading to a Birmingham penalty against the run of play. It was Birmingham's Boga who stood over the penalty, yet he was only able to wildly fire the ball over the crossbar squandering his sides best chance to equalise and letting the home

team off the hook.

The match finished 1-0 and despite having been on the front foot for the entire match, the feeling of extreme relief was evident from the home fans knowing they had escaped punishment for a lack of end product.

Fulham manager Jokanovic was satisfied with his team's performance emphasising "that this is the second time that we have won at home with a clean sheet."

CHELSEA BOUNCE BACK AGAINST HUDDERSFIELD

Chelsea had their spirits dampened by their defeat to a poor West Ham side in their previous fixture, which was confirmed by the Blue's manager Conte's exclaiming that it is "Bull****" to suggest Chelsea can catch Man City." However, hosts Huddersfield, who Chelsea travelled to face on Tuesday, were coming off an important, assertive victory against Brighton.

Despite it being the home side with high morale, they gifted Chelsea the opening goal in the 23rd minute after a poor clearance from goalkeeper Lossl as he slipped on the wet surface. Willian was able to find a simple pass into the path of Bakayoko, who calmly chipped the ball over Lossl to give his side an early lead.

The visitors doubled their lead only minutes before the break when Alonso's lofted cross from the left-wing picked out an unmarked Willian inside the six-yard box, who casually nodded past the helpless keeper.



Chelsea's Antonio Rüdiger

Willian, who was brought into the lineup after being left out the starting eleven in Chelsea's previous defeat, also had a hand in Chelsea's third goal only five minutes into the second half. He neatly controlled a cross fired into the centre of the box, then played the ball in front

of Pedro who was able to find the top right corner with a spectacular, curling finish. This meant Willian, who has been in and out of the Chelsea starting line-up this season, finished the game with two assists and a goal for himself.

Huddersfield were able to find a consolation goal two minutes into stoppage time after Hadergjonaj's cross was met by an emphatic header from substitute striker Depoitre finding the bottom corner to make the final score 3-1 to Chelsea.

Despite this great result away from home, Conte ensured he didn't get ahead of himself when emphasising "Our path is a great path but for sure there is a team (Manchester City) that is in this way. It is very hard, now, to stop them."

QPR extend winless run

Queens Park Rangers had been unable to find a victory in their past five matches, and with their incredibly poor away form, ensuring they picked up as many points as possible at Loftus Road is crucial for any sort of success this season.

On Saturday Leeds travelled to West London to face QPR and despite an array of chances for both sides, neither team was able to find the back of the net in the first half. However, after Leeds striker Ekuban was replaced by Kemar Roofe after suffering an injury, Leeds looked a lot more likely to score. The lively substitute was able to open the scoring in the 63rd minute when latching onto Aloski's deep cross at the back post and nodding the ball back across goal, into the bottom corner giving the visitors a 1-0 lead.

Leeds doubled their lead within five minutes after opening the scoring when Cibicki was able to break down the right wing and deliver a wonderful, drilled ball towards the edge of the six-yard box. Roofe was able to finish the ball past Smithies with a neat, deft touch directing the ball low and to the left of the QPR



QPR manager Ian Holloway

keeper for his second goal of the night.

The home team was able to find a reply in the 90th minute after Leeds keeper Wiedwald made a horrendous mistake when misjudging the flight of Wszolek's lofted ball into the box and it simply bounced over him and into the back of the net.

Despite reducing the deficit to one goal, the home team were unable capitalise on their chance to equalise in the final minutes of the match when Wiedwald smothered Sylla's

attempt when he was through on goal. Matters worsened for the home side when Leeds broke on the counter attack and once Roofe received the ball on the edge of QPRs box, he showed the composure to cut in on his stronger right foot and place his finish beneath an oncoming Smithies. Not only did this goal complete the substitutes hat-trick, but it also destroyed any hopes that QPR had of getting back into the match with the game ending 3-1 to the visitors.

Champions league round of 16 draws announced

Earlier this week the draw for the Champions League round of sixteen was completed with all five English clubs having made it through the group stages, being the first time for any nation.

Tottenham finished top of their group, despite having to compete with current champion who have won the last two competitions being Real Madrid. Spurs proved their ability to perform and find a result against the largest clubs in the world when emphatically beating Real 3-1 at Wembley. This has been questioned due to the squads young average age and lack of trophies in recent years.

Manchester City, who are currently eleven points clear at the top of the Premier League table and are still undefeated in the the league, suffered their first defeat of the season in their final group match away at Shakhtar Donetsk. However, they will be greatly pleased having been drawn against Basel in the round of sixteen. This is because Basel only narrowly made it through the group stages and can be considered to be one of

the weaker teams at this point in the competition.

Liverpool comfortably made it through the group stages and proved how dangerous their attack really is having scored the second most goals of all teams during the group stages.

However, similarly to their performances in the league, defensive flaws have been exposed, especially against Sevilla when they managed to squander a three goal lead. Liverpool have drawn Porto in the next round of the competition, who although seemed to one of the weaker sides of the draw, were able to surprise having passed through a competitive group, surpassing the likes of Leipzig and Monaco. Liverpool will be favourites to win these fixtures nonetheless.

Chelsea seem to have the most competitive draw of all the English clubs having drawn Barcelona. Despite starting their group strongly, Chelsea's form seemed to drop as they ended up finishing second in their group with Roma finishing above them. Barcelona on the other hand are in great



Antonio Conte

form having finished top of their group and are perched at the top of the Spanish League. Chelsea without a doubt, are in for a hard matchup. Manchester United were also drawn against a Spanish side, being Sevilla, who aren't likely to pose as much of a threat as Barcelona. While United comfortably finished at the top of Group A which was expected of them, other than Liverpool, Sevilla didn't have the most competitive group yet didn't seem to threaten Liverpool's top spot at all, United will definitely be the favourites going into those fixtures.



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Brentford suffer defeat in five goal thriller

by Sport Editor Louis Yamani

Brentford travelled to the KC stadium last Saturday to face a Hull side who for the first time had Nigel Adkins in charge after the departure of an underperforming Slutsky. With having only lost one of their last thirteen matches, the visitors were in fine form and looking to close in on the play-off positions. Not to mention, they were hoping to build on their emphatic 3-1 victory against West London rivals Fulham at Griffin Park in their previous fixture. The first 45 minutes was a half of few chances with the best opportunity falling to Hull in the 39th minute when Clark's corner was latched on to by an unmarked Dawson, however, Bentley made a great diving save to parry the ball away from the bottom left corner. Although both sides went into the break goalless having created few chances, it took only two minutes into the second half for the visitors to open the scoring. Brentford were able to break following a Hull corner and when the ball was played out wide to Watkins,



Hull FC celebrating their win against Brentford

minutes later when Campbell missed an open goal from six yards and hit the crossbar, Brentford were not so lucky with 15 minutes to go. Toral was able to break through the Brentford midfield and stride towards their defence, when noticing a clever run by Irvine, he was able to feed the

ball in behind the defence to the forward, who confidently fired past Bentley to increase Brentford's goal deficit to two. Despite the visitors being able to salvage a goal in 87th minute when captain Egan nodded Watkins' volleyed cross into the back of the net following a set piece, this was

merely a consolation goal. The match finished 3-2 to Hull and Brentford manager Dean Smith was happy with the the performance for the first 49 minutes which were "comfortable" and not very "difficult at all." However, he criticised his players game management when emphasising

that the defeat was down their own errors rather than the opponents dominance when exclaiming that after the first "wonder goal" went in "We pressed the self-destruct button."

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BRENTFORD TO HOST BARNLSLEY



Barnsley manager Paul Heckingbottom

This Saturday Barnsley will travel to Griffin Park to face Brentford in the Championship. Both teams are coming off the back of defeats, Brentford having lost 3-2 to Hull at the KC stadium and Barnsley having lost at home to Derby in a worrying 3-0 loss. Going into the match Brentford will definitely be favourites since they're currently

sitting at 13th, however their ambitions of promotion are looking unlikely at the moment since they're ten points away from play-off positions. Barnsley are also having a hard time this campaign with them sitting in 20th and only four points from the relegation zone, despite there still being the majority of matches to be played this season, it's

clear that Barnsley will be battling to survive relegation. The fact victory is vital for both sides if they are to accomplish their aims this season, this could be setting up a cagey affair with both sides afraid of dropping precious points.

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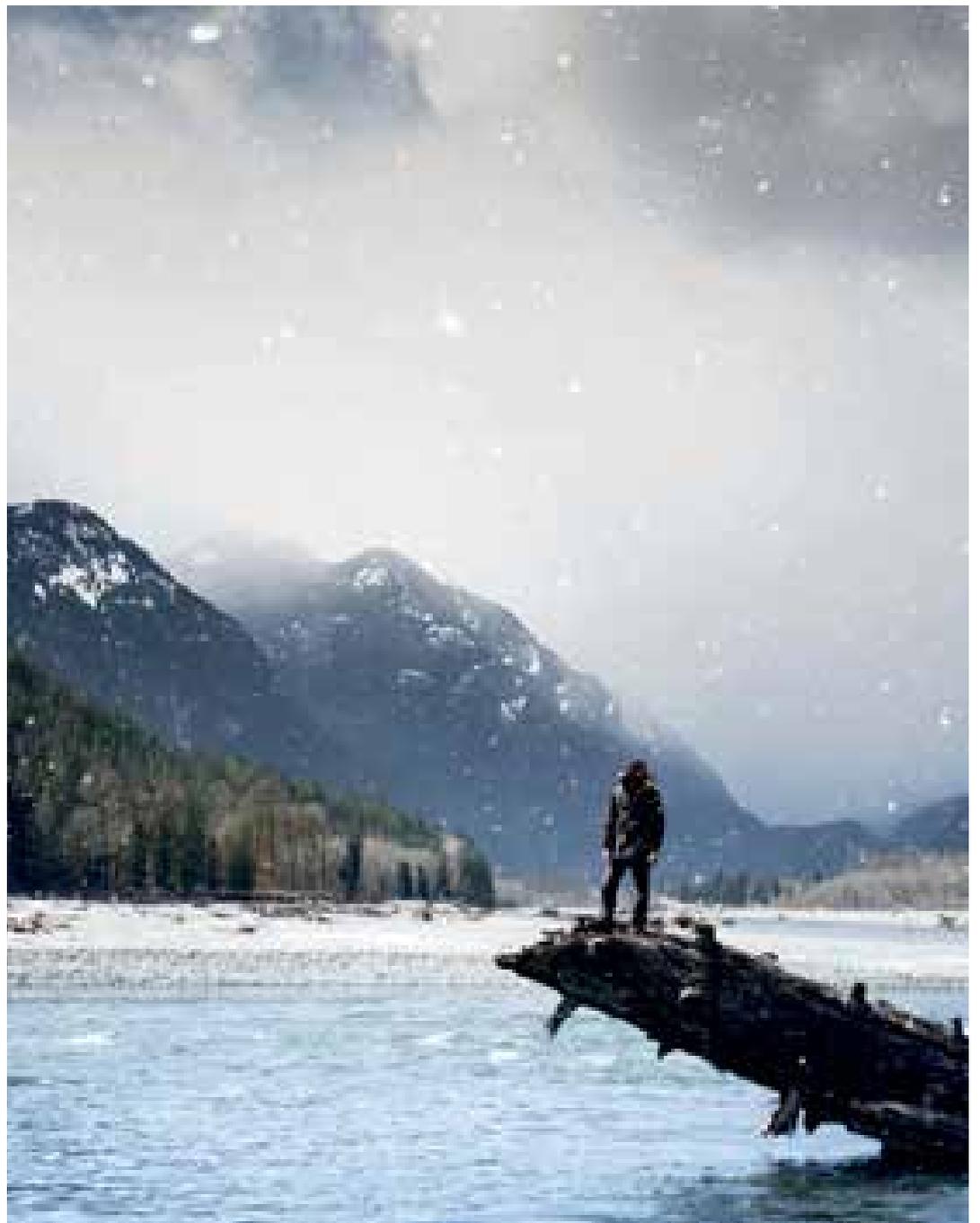
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