Runners came together in the name of charity as the GoodGym initiative took off in Hammersmith and Fulham. The organisation aims to make the most of fitness junkies' energy and enthusiasm by building community projects into its weekly runs. GoodGym already has clubs up and running across London and launched its latest group in Hammersmith and Fulham last week. Runners helped to clear an overgrown garden for the St Mungo's homelessness charity during their first session. Turn to Page 2 for our Big Interview with GoodGym running coach Anna McKay

BY JACK DIXON
jack@londonweeklynews.co.uk

DEVELOPERS behind the £150 million regeneration of Shepherd's Bush Market have scrapped the plans following a landmark legal ruling.

Landowner Orion has written to traders confirming the withdrawal of its proposals to develop the market.

It has also handed over the day-to-day management of the scheme to its development partner U+I. It comes after a two-year courtroom battle over the future of the historic market finally came to an end in August.

The Shepherd's Bush Market Tenants' Association secured a key ruling in the Court of Appeal earlier this year after arguing that the developer's plans would put businesses at risk.

James Horada, chairman of the traders' association, called on U+I to “right the wrongs” and draw up “sensible” new proposals.

“Over the past two and a half years the traders have been placed under a great deal of duress. The market has suffered under poor management, causing businesses to fold and footfall to drop,” he said.

“It is now time to right the wrongs and we hope that the threat to the existing businesses will now be put to rest and that the traders' futures will be secured.”

TURN TO PAGE 3

Traders call for ‘sensible’ new plans and secure future for business

Developers scrap market proposals

Rangers’ gesture to fire victims is just the ticket

FAMILIES stuck in temporary accommodation following a huge tower block fire in Shepherd’s Bush were given VIP status after being invited to Loftus Road as special guests for QPR’s big match against Blackburn Rovers.

Kind-hearted club bosses offered free tickets to residents who remain stranded in hotels three weeks after the devastating blaze at Shepherd’s Court.

The 18-storey building was evacuated amid frantic scenes after a faulty tumble dryer sparked a fire that spread across five floors.

Hammersmith and Fulham council is continuing to support residents who are unable to return to their homes due to the damage and it says all families have accepted temporary accommodation in the borough.

But they were given a moment of respite with a chance to enjoy QPR’s big match on Saturday (September 10).
The GoodGym team - turning workouts into practical help

A charity runner behind one of the capital’s fastest growing community sports groups hopes Team GB’s summer success in Rio will inspire Londoners to turn their solo gym sessions into good deeds for worthy causes.

Anna McKay, an experienced personal trainer and triathlon coach, is calling on fitness fanatics to try a workout with a twist – by breaking out of their usual routine to have a go at gardening or decorating.

Last week Hammersmith and Fulham became the 13th London borough to launch its own GoodGym group, a clever initiative set up to help runners convert their time on the treadmill into helpful community projects.

The idea is simple – enthusiastic runners get together once a week for a group workout. But instead of jogging along the canal side or across the common, they charge off to help a local charity with a bit of physical labour.

Community groups who need a hand clearing gardens, shifting furniture or painting walls can call on the GoodGym team in their hour of need.

“The vision was to take the wasted potential of the gym and use it to actually do some good in local communities,” says 35-year-old Anna, who led the Hammer smith and Fulham runners on their first outing last week.

“When you’re on the treadmill, you’re getting fit but you’re not really doing anything else. This is a great way to give runners that extra motivation to get fit and make a difference through volunteering.”

While part-time runners receive a shot in the arm to get out and about, the initiative also helps to keep local organisations connected.

GoodGym even provides a befriending service in which elderly clients who may be feeling lonely or isolated become ‘coaches’, spurring the volunteers on to run round and pay them a visit every so often.

“For Anna, the group mentality – typified by the efforts of Team GB Olympic heroes in Rio this summer – can be a big boost for amateur athletes. It’s not as serious as a normal running club and there is less of a focus on pace,” she says.

“Because for a lot of people, going to the gym or going for a run can be very time-consuming and can seem like a daunting prospect. GoodGym is there to open the door for them.”

The GoodGym team in Hammersmith and Fulham jogged for a couple of miles before clearing an overgrown garden for the St Mungo’s homelessness charity in Edith Road, Hammersmith, last week.

Their quick burst of physical labour has paved the way for the St Mungo’s team to set up their own vegetable patch.

It is one of hundreds of GoodGym projects taking place every day all over London in a bid to build bridges between community groups.

And Anna, who has worked in the health and fitness sector for the last eight years, says it is just the beginning for the team in Hammersmith and Fulham.

“I really hope there will be a surge in enthusiasm following the Olympics. All sporting success stories help to encourage and inspire people.

“We will do anything we can to help – clearing gardens, moving heavy furniture. Our only requirement is that we break a sweat!”

The GoodGym Hammersmith and Fulham group meet every Tuesday at the Hammersmith Fitness and Squash Centre at 6.45pm. For more information, visit www.goodgym.org
**Fuel crisis**

MORE than 10,000 households in Hammersmith and Fulham are living in fuel poverty, official figures reveal.

The number jumped by over 2 per cent – from 8,500 in 2013 to 10,978 in 2014, the latest year for which information is available.

It is said to be in fuel poverty when residents can no longer afford to keep adequately warm, at a reasonable cost, in line with their personal income.

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**£2 million cost of our unhealthy way of life**

**BY JACK DIXON**

jackson@londonweeklynews.co.uk

LAZY lifestyle choices are costing the health service in Hammersmith and Fulham more than £2 million a year, the Chronicle can reveal.

Official public health data show that all the sums are being spent on everyday illnesses that could be avoided – simply by being more active.

Senior health chiefs suggested that sitting had become “the new smoking” as residents were found to shun walking, cycling and other basic forms of healthy activity.

An estimated £2.3 million spent on health services in Hammersmith and Fulham every year can be attributed to “physical inactivity”, according to a new report by the borough’s director of public health.

It also found that the local economy could have gained £94 million each year due to sickness absence – even though only a small amount of people were actually sick.

He added: “High levels of physical activity benefit people, communities and society. When people move more, crime, pollution and traffic go down. Productivity, school performance, property values and health and wellbeing improve drastically.”

“Being physically active over the lifecycle means that we can enjoy a better quality of life through every age and stage. The solution to addressing these challenges – the miracle cure – is here.”

Hammersmith and Fulham council has been running a ‘Get Going’ campaign over the summer.

Mr Robinson concluded that inactive lifestyles presented an “enormous and growing burden to society.”

He also advised local authorities on areas in which they could invest to promote healthy choices, such as cycling schemes, free swimming initiatives and parks and open spaces.

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** Clubs must do better for wheelchair users**

**Clubs ‘must do better’ for wheelchair users**

**Diabetes help**

PEOPLE in Hammersmith and Fulham who are living with diabetes are being urged to seek advice from a local support group.

The Hammersmith Diabetes UK group meets on the second Wednesday of each month at the White City Community Centre in India Way between 1.30pm and 3.30pm.

According to the latest figures, more than 7,500 people in the borough have diabetes – around four per cent of the total population.

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**Meet your local MP: Victoria Borwick**

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**Market: a new start**

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FROM PAGE 1

Andy Evans, chief executive of the OIP in the Community Trust, said: “The Shepherd’s Court residents affected by this fire have been through a traumatic time, with some of them still not able to return to their homes. So we wanted to show our support for them. Nothing is a substitute for a home of your own. But in the meantime, as a club with the local community at its heart, we are delighted to have them at Loftus Road.”

No one was seriously injured in the fire but it gutted two apartments as it spread across five floors.

Following an investigation, the London Fire Brigade confirmed that a faulty dryer that had been due for repair triggered the blaze.

The dryer’s manufacturer, Whirlpool, faced calls to replace all its faulty models and change its safety advice after the blaze on August 19. The company has said it will investigate the circumstances surrounding the fire.

Families have been rehoused in temporary accommodation and no one has been asked to move outside the borough. The council says it is continuing to provide support although it may be “some considerable time” before residents can return home.

A spokesman said: “We’ve met all the residents, given them wide-ranging assistance, and are offering ongoing help and support. Many families have been offered several alternative flats and all nine families have now accepted offers of other accommodation in the borough. No one has been asked to move out of the borough.”

It is likely to be some considerable time before the necessary work can be done, many of the residents are not yet safe to return, and we will continue to keep families informed of developments as they happen. We will move people back as soon as we possibly can.”

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**Match treat for victims**

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Let’s raise a glass to celebrate big change to the Constitution

BY JACK DIXON
jack@londonweeklynews.co.uk

ONE of Westminster’s oldest pubs re-opens this week after a £220,000 upgrade.

“The 200-year-old Constitution on Churton Street will start serving pints again on Wednesday.

“The refurbishment by national pub operator Punch forms part of a commitment to support the Great British High Street initiative, designed to support growth and prosperity on UK high streets, and will see the venue transformed into a vibrant community pub which will serve as the hub of the local neighbourhood, where local residents can come together to share great times with friends and family,” said a spokeswoman.

With the new look pub comes a fresh pair of faces behind the bar, with experienced publicans Kelly Henfrey and James Ross, taking over the reins.

“The Constitution benefits from a fantastic location on Churton Street and we are both really excited about re-opening it for its new owners and potential customers old and new to join us on 14 September from 6pm in celebrating this exciting new era for the pub – we can’t wait to meet everyone.”

The Constitution will have an updated look and feel with a new layout to maximise dining capacity and new furniture, fixtures and fittings including fixed bays for dining, flooring, back bar and lighting.

The outdoor area will also be updated with new furniture and planters to create a relaxing haven in the heart of the city.

Tom Langridge, area operations manager for Punch said: “We would like to thank all of the pub’s loyal customers for their patience while the work is under way – we assure them it will be well worth the wait.

“When it re-opens, The Constitution will proudly offer all of the ingredients that go into making a great London pub quality service, fantastic food plus a premium drinks range, all within a modern yet welcoming setting.

“We feel confident that the new look will prove a hit with both our regulars and hope that it will help to encourage more people not only into the pub itself but to surrounding local businesses too.”

Customers at The Constitution will be able to look forward to a fresh menu featuring classic dishes like Pie and Mash, Haggis, Battered Cod and Chips and a range of Burgers plus a selection of salads, wraps, light bites and grazing options and a Sunday Brunch and lunch menu.

The Constitution pub offering great service, a homely setting and a classic food and drink range. James and I would like to welcome our customers new and old to join us on 14 September from 6pm in celebrating this exciting new era for the pub – we can’t wait to meet everyone.”

The venue is open to the public on Fridays and Saturdays.

We’re top for universities

LONDON has the most top ranked universities of any city in the world, according to the latest university rankings which place University College and Imperial College in the top 10 of 3,800 institutions.

The QS World University Rankings, compiled by global higher education think tank QS Quacquarelli Symonds since 2004, shows that London has four universities in the top 40. University College London is ranked 7, Imperial College London 9, King’s College London 21 and London School of Economics 37. London has a total of 36 universities in the rankings, 44 per cent of which have moved up.

The Mayor of London, Sadiq Khan, said: “Boasting more of the globe’s top universities and welcoming the most international students, London is the higher education capital of the world and want to make it stays that way.

“People who come from abroad to study in London leave as ambassadors for our city, spreading the message that the capital is a fantastic place to live, work and visit.

“From London’s status as the world’s leading higher education hub and the UK’s top ranked institution, amongst UK universities, Cambridge, Oxford, UCL and Imperial remain within the top 10 institutions in the world. The University of Edinburgh joins the top 20 and the University of Manchester enters the top 30.

“QS says the United Kingdom comfortably retains its status as the world’s second-best higher education nation, retaining the same number of top-500, top-100, and top-50 universities as last year.

‘Don’t boast about buses’

LONDON Mayor Sadiq Khan has been told to “stop boasting” by a heavyweight leader at the London Assembly.

Caroline Pidgeon, Liberal Democrat London Assembly transport spokesperson, said the Mayor should stop bragging about achievements that aren’t actually his initiatives.

Commenting on its announcement that the bus routes 507 and 521 will become the first in central London to exclusively run all-electric buses by the end of this year, Ms Pidgeon said: “Very much welcome the adoption of more electric buses in London. However, the Mayor and TfL should refrain from making boastful claims about the adoption of electric buses, especially as this announcement is merely confirming a decision made over a year ago.

“Given that London has a fleet of over 6,500 buses, 73 electric buses will still leave the capital with under one per cent of its buses being electric.

“The roll out of electric buses in London has a long way to go.”

Uniform approach is good for business

The plumbing trade hasn’t always had the best reputation, thanks to a swarm of builders’ bum-displaying cowboys that infected our industry. I set out to change that and, I believe have been pretty successful at doing so.

After our fleet of vans, our uniform-clad engineers are the first thing our customers see and the impression they make has to be first-class. And uniforms have another important part to play in both education and employment; just like the cowboy plumbers whose standard of dress is as bad as the quality of their work, a bad attitude to appearance inevitably leads to sloppiness behaviour.

Toby Jones had it spot on, writing in The Sun last week, when he said: “If that level of attitude to appearance is not set during school days, what chance do businesses have when these kids enter the jobs market?”

We still get candidates turning up for interviews like they’re heading for the beach not a plumbing company, which is a constant frustration. Getting kids to adhere to a strict uniform policy is the only way to get them into the correct mindset, which they will have to apply for the rest of their working lives.

The head teacher at the centre of this media storm, Matthew Tate, is right to welcome to the real world.

The vast majority of businesses have some sort of uniform policy and workers have to stick to it. When I founded my business I created the Pimlico Plumbers’ Bible, which sets out exactly what is expected of my employees and that includes our iconic ‘Pimlico Blues’ uniform.

We will give you the power, the support and the money to bring your project to life.

020 8962 5736 westway.org/culturemakers presents@westway.org

2016 Applications deadline: Monday 26 September

Rewards & Mentoring & Inspiration
Showcase & Support & Funding

Direct a short film a song, or run a festival, we can fund and support your project as long as it is creative, benefits your community and is run by volunteers.

Writing for every week, London’s most outspoken entrepreneur

View expressed are those of the author and not necessarily those of this newspaper.
Westminster’s first cycling festival

MARBLE Arch in central London was a hive of colour and cycling activity when hundreds of people enjoyed a free family day at the Westminster Festival of Cycling.

The event, the first of its kind to be organised by Westminster City Council, saw people of all ages gain confidence in cycle safety with three special marshalled rides around central London and expert advice on cycling the roads.

The festival was a celebration of all that Westminster has to offer for cycling, whether for work, pleasure or exercise. It highlighted how Westminster is becoming a cleaner, greener city for all and raised awareness of cycling opportunities in the centre of town.

The Westminster Festival of Cycling comes at a time when many young people are being inspired by Team GB’s recent Rio 2016 Olympic medal haul (six golds including two for Laura Trott, four silver and two bronze medals in road and track cycling competitions) to take up cycling.

People of all age ranges tried their hand at a gravity-defying 30m velodrome, the star attraction, where they could cycle on a 75m circuit at speeds of up to 30mph. There was also a static track racer and free bike marking available for those who brought their cycles along.

Speaking about the event, Cllr Heather Acton, Cabinet Member for Sustainability and Parking, said: “Cycling and walking around our city is a great way for people to access all that Westminster has to offer, and to discover new and interesting sites. We are committed to encouraging residents and visitors to take up cycling as a quick and cost effective way to travel as well as being a good way to remain fit.”

“Cycling is an important part of our work to turn Westminster into a more sustainable, greener city and contributes to our plans to improve air quality and reduce congestion. We’ll be building on this with the Marylebone Low Emission Neighbourhood and other schemes to improve our environment.”

The “Dr Bike” station was also in attendance, where cyclists took the opportunity to get basic repairs done at no cost, as well as getting bike maintenance advice. Experts handed out practical advice about fun routes and opportunities for cycling and encouraged people to try out cycling.

Westminster City Council worked with many partners to arrange the event, including the Marble Arch, London Business Improvement District and the Metropolitan Police, who had a special stall where visitors could sit in a truck to see from the driver’s perspective where cyclists and pedestrians can and cannot be seen.

WESTMINSTER Council’s Greener City Action Plan (GCAP) sets out how the City Council is working with organisations and business to help make Westminster a greener, more sustainable and liveable city. This includes increasing active travel, stopping drivers idling engines unnecessarily, reducing freight and waste vehicle movement, encouraging use of car clubs and setting planning policies to reduce emissions from buildings.

Westminster recently won a bid from the Mayor’s Air Quality Fund to create a Marylebone low emission neighbourhood. It will be working with local stakeholders and partners to reduce air pollution emanating from vehicles and buildings.

For more information on Cycling in Westminster visit: www.westminster.gov.uk/cycling-events

Dr Bike carrying out some on-site basic repairs

The gravity-defying velodrome with Marble Arch in the background

Cyclists got up to speeds of nearly 30 mph on the velodrome

Encouragement for two young cyclists from one of the festival helpers
Battersea’s royal visitor opens sanctuary’s centre of excellence

BY GEOFF BAKER
geoff@londonweeklynews.co.uk

GETTING the residents to stand in the presence of royalty was like pulling teeth at Battersea Dogs & Cats Home when the Duchess of Cornwall visited to open its new dental centre.

The Duchess visited the iconic animal sanctuary last week to officially open the charity’s new Veterinary Hospital and Centre of Excellence.

Her Royal Highness is an old friend of the home, having officially visited twice before and she has two Battersea dogs of her own, Jack Russell Terriers Bluebell and Beth which she rehomed.

Guided by Battersea patron Paul O’Grady, the Duchess met some of the homeless dogs and cats who are currently being treated by Battersea’s veterinary team. These included Nancy, a one-year-old Yorkshire Terrier cross and Mickey, a three-year-old German Pointer.

Prior to the new veterinary hospital opening, Battersea’s 32 veterinary staff were performing around 70 operations a week in just two operating theatres, as well as performing an average of 150 dental procedures per month.

The new veterinary hospital has three top-spec operating theatres, enabling staff to perform well over 100 operations per week.

For the first time ever, Battersea will have a dedicated dental suite to care for the 80 per cent of animals who arrive at the home with problem teeth. Brand new intensive care areas and sound-proofed recovery wards with separate space for dogs and cats will allow for a peaceful and calm recovery.

Claire Horton, Chief Executive of Battersea, said: “For 156 years Battersea has been on the forefront of animal welfare, caring for the many thousands of abandoned and neglected dogs and cats who come through our gates who so desperately need our help.

“Our new Veterinary Hospital and Centre of Excellence will help us realise our ambition to help more dogs and cats and not just those within our centres, as this world-leading facility will enable us to welcome and train staff from rescue and rehoming organisations all over the world.

“The new veterinary hospital is a place of transformation and hope where even the most neglected and abused dogs and cats can be put back on four paws by our dedicated staff before they are found a new loving home.”

Shaun Opperman, Battersea’s Veterinary Director for the last 24 years, said: “Working at Battersea as a vet is very different to working in general practice as so many animals come to us as strays, without any medical history.

“We are perhaps more reliant on diagnostic procedures such as radiography, ultrason and laboratory work in the first instance, to fill in the missing pieces of the jigsaw, to be able to diagnose any problems before being able to return them to full health.

“Our previous clinic was struggling to cope with the 8,000 dogs and cats coming through our doors, many the innocent victims of neglect, over-breeding or puppy farming.

“Every aspect of our new Veterinary Hospital and Centre of Excellence is designed to help us treat greater numbers of animals with more complicated surgical needs. Our new facilities will speed up treatment and recovery to give each and every rescue dog and cat a chance of a new life as quickly as possible.”

Sam Opperman, the Duchess of Cornwall and nurse Emma Hunkin admire German Pointer Mickey
New and expectant mothers in London are facing discrimination and unfair treatment at work, citizen's advice experts have warned.

Officials have highlighted a “growing problem” following a surge in the number of complaints made by pregnant women and new mothers.

Figures from Citizens Advice Westminster revealed a 100 per cent increase in people seeking support on pregnancy and maternity discrimination over the last two years.

Between April 2014 and March 2016, 13 people turned to the local charity for help regarding poor treatment at work – up from just 16 in the previous 12 months.

The organisation says it has helped 10 expectant mothers deal with unfair employers this year alone.

The findings were revealed as the Citizens Advice Bureau published nationwide analysis showing that the top problems faced by pregnant women and new mothers are redundancy and dismissal.

In the last year, the number of visits to the bureau’s online pregnancy discrimination advice pages has doubled.

The Westminster organisation is now encouraging people to seek help if they believe they are being treated unfairly at work.

Shirley Springer, chief executive of Citizens Advice Westminster, said: “It is deeply concerning that we have seen this rise in unconscious discrimination cases.

“The last thing you need to worry about as an expectant parent is a drop in income or losing your job.

“Among the most common cases reported in Westminster were pregnant employees being singled out for redundancy.

“One woman sought advice from the bureau soon after being made redundant when she told her manager about her pregnancy. She was given no explanation as to why she was losing her job.

“Other maternity rights issues reported by the charity included incomplete or inadequate health and safety assessments, cuts to working hours and problems returning from maternity leave.

“Citizens Advice Westminster is highlighting that it is against the law for bosses to discriminate against their employees by refusing to give them their maternity rights at work.

“Upon returning to work, employees are entitled to resume the same job or an equivalent role within the first six to 12 months of maternity leave,” Ms Springer added.

“As an employee you cannot be treated unfairly at work. Employers should respect and uphold your rights and not force you to take your eyes wide open.”

Mr Hooper said Medhurst first listed Summerms by making her a service provider in the RHS’s system and then he approved all her invoices.

Someone else had to approve Medhurst’s requests but his seniority meant they were always given the green light.

Mr Hooper said: “That continued for some time and no doubt encouraged by the easy of which the scheme was operated you increased the takings by bringing in the other defendant, Shaheen Kadri.

“He was a long standing friend of yours and I heard how you knew him when he was much younger and how you impressed him with your lifestyle of Champagne and expensive nightclubs in the West End.”

Kadri, who received the illicit money into his mother’s account, worked for a US financial services company and therefore knew well what was going on, the judge said.

Mr Hooper said: “Indeed it beggars belief that somebody of your intelligence could believe supplying invoices for a year in advance could be for any work being done.”

The judge said it was by ‘chance’ that the con was discovered.

That is only came to light accidentally because somebody happened to notice” the payments to Summers, he said.

He added: “It was a chance finding that led to this scam being unravelled.”

Mr Hooper gave Summers the shortest sentence because he believed she was led astray by Medhurst.

The judge blamed Kadri to a greater extent that Summers for their actions.

Mr Hooper told him: “You went into this with your eyes wide open, clearly for greed because you were in gainful employment.”

Medhurst, an alcoholic, master-minded the scam after getting heavily into debt.

Summers, of Notting Hill, west London, and Kadri, of Camden, north London, created fake invoices and he paid them from RHS funds.

The pair never carried out any cleaning work and instead would hand a portion of the money back to him.

A jury found Summers, of Pembroke Gardens, guilty of stealing £360,859.53 between January 2004 and January 2005.

And Kadri, of Oval Road, was found guilty of stealing £371,310 during the same period.

Medhurst, of Vincent Square, Westminster, central London, previously admitted two counts of conspiracy to steal with the pair and defrauding the charity of £43,885.65.

The proportion of older people in social rented or private rented housing has now reached 33 per cent, according to the latest data.

It suggests the borough is home to more elderly renters than other parts of London – the figure for the capital as a whole is only 31 per cent.

The statistics were revealed in a draft report on plans to improve housing options for older people in Hammersmith and Fulham.

The over 65 age group is expected to see the sharpest increase in terms of population over the next 25 years, with the number of older people living with long-term health conditions, physical disabilities and dementia also on the rise.

However, according to the report, only a small minority of the borough’s older people are living in specialist sheltered or extra care housing.

Council chiefs are taking action to ensure the borough’s growing elderly population is housed in suitable accommodation.

A range of measures has been proposed as part of the council’s Older People’s Housing Strategy for 2017 to 2018 and further consultation with residents has been planned.

New housing strategy for Fulham pensioners

MORE than half of over 65s in Hammersmith and Fulham are living in rented accommodation, new figures reveal.

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New and pregnant mums treated unfairly at work

By Jack Dixon

NEW and expectant mothers in London are facing discrimination and unfair treatment at work, citizen’s advice experts have warned.

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Medhurst, of Vincent Square, Westminster, central London, previously admitted two counts of conspiracy to steal with the pair and defrauding the charity of £43,885.65.
THE glass panels in a number of BT phone boxes in South Kensington have been frosted in response to a request by the Royal Borough of Kensington and Chelsea to help combat prostitute carding. The council, BT and local residents have been working together to look at what can be done for over a year and their efforts, which include regular monitoring of phone boxes and cleaning, have already resulted in a dramatic reduction in the amount of cards in phone boxes.

The Kensington and Chelsea Community Policing Team has undertaken a number of enforcement operations targeting carders. During the most recent operation in July seven arrests were made and the most prolific carders subjected to Criminal Behaviour Orders, which prohibit them from placing cards in phone boxes for five years. Brothels have also been raided and searches carried out for people trafficking. A total of 20 phone boxes in the SW7 area have been frosted, these are the ones most affected by prostitute cards in the borough.

Cllr Gerard Hargreaves, Cabinet Member for Civil Society, said: “Residents have rightly complained about the impact carding in phone boxes has on the area in which they live. We have been working closely with BT, the police and residents to identify the most-affected boxes and look at what can be done to deter this practice.

“The work has already had a real impact: the message is out that we are actively tackling this problem, that carders and brothels are being targeted and this can end in court. The frosting of these phone boxes is the next step in our campaign and I hope we will soon see an end to this problem. “Anyone who spots prostitute cards in a phone box should not remove them but let the Council know by using the app RBKC Local, emailing streetline@rbkc.gov.uk or calling 020 7361 3001 or the police on 101.

Gum busters - Mai Moon, Paul Siggery from SUEZ, the Council’s Deputy Mayorress and Deputy Mayor Cllr Will Pascal, Matthew Lawrence, Tyrone Watson and Emma Caulton

Bin your gum campaign

KENSINGTON and Chelsea Council and Keep Britain Tidy have launched a campaign to encourage people to dispose of chewing gum in bins and not drop it on the streets. A piece of chewing gum that costs 3p can cost £1.50 to clean from a pavement.

The campaign, launched at South Kensington Parade, will run until October and will target gum-dropping hot spots. To highlight the issue, discarded pieces of chewing gum were marked out in chalk, along with posters and banners asking people ‘to Bin it your way’.

The Deputy Mayor, Cllr Will Pascal, and Deputy Mayoress attended the launch and council staff handed out free chewing gum wraps to dispose of chewing gum. Anyone caught dropping litter or chewing gum in the total borough could face a fixed penalty of £80.

TENS of thousands of ships have passed through Tower Bridge since it first opened more than 120 years ago, but few would have caught the eye as much as this extraordinary £225million bombproof superyacht. The distinctive white ‘Motor Yacht A’ owned by Russian tycoon Andrey Melnichenko was spotted sailing up the River Thames in London on a wet and windy Saturday afternoon.

The 390ft vessel, which is one of the world’s 25 largest superyachts, features three swimming pools, including one with a glass floor, luxurious cabins and an unconventional design described as an upside down hull.

And the boat, which launched eight years ago and was reported in April to have gone on the market, was photographed mooring alongside D-Day bombardment vessel HMS Belfast having sailed up the Thames.

Someone mooring a boat of a similar tonnage in this area of London could pay at least £2,000 a day, although the total price could end up being much more if certain extra facilities such as terminal halls are requested.

Any ships wanting to travel through an open Tower Bridge must book a bridge lift at least 24 hours in advance, but it is free - as it was in 1894, when staff were on the lookout 24 hours a day for any boat wishing to pass through.

Billionaire industrialist Mr Melnichenko, who has made his vast fortune with investments in coal, fertilisers and banking, was said to have put Motor Yacht A up for sale replacing it with the grander Sailing Yacht A.

Mr Melnichenko, 44, who is said to have a net worth of more than £8.5billion, lives a glamorous, jet-setting lifestyle with his 38-year-old wife Aleksandra, a former model and pop star from Serbia.

His yacht boasts an opulent lounge with floor-to-ceiling windows, wood and leather furniture, and a spacious owner’s cabin that is larger than most London flats - and is said to have bomb-proof glass and a rotating bed.

Three spa pools with current-generating technology are spread throughout the yacht, and one has a glass floor that passengers can look into from the lower deck, according to the Yacht Harbour database.

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Thirteen boys from Ernest Bevin College in Tooting achieved eight or more GCSEs at the top A and A* grades this summer.

Their results topped off a strong set of results for the Year 11 students which saw 18 per cent of all grades A-A*.

The college’s results in the science, technology, engineering and maths (STEM) subjects were particularly strong, confirming the college’s excellence in these subjects: 100 per cent pass rate in biology & statistics; 97 per cent in computing; 94 per cent in chemistry and physics.

The college received national recognition for its success in STEM subjects earlier in the summer when it became one of the first schools in the UK to be awarded STEM Assured Status.

The A-level results were also very strong, with 100 of the 150 leavers securing university places. 19 per cent of A-level entries were at grades A*-B, and just under half (49 per cent) were at grades A*-C.

Students also performed well at the Level 3 BTEC courses, which include engineering and provide a route to university: 64 per cent were awarded distinction or distinction* and 87 per cent were at least a merit.

Principal Rukhsana Sheikh, pictured with some of the 13 boys who achieved 8 or more GCSEs at grade A-A*, said: “I am delighted and very proud of the achievements of all our pupils and would like to thank all the staff, pupils and parents for their hard work in ensuring they have achieved the best possible results.

“Our results are once again particularly strong in the science, technology, engineering and maths subjects, confirming the college’s excellence in these subjects, but students have done well across the board and should be congratulated.”
Leading independent college DLD College London has introduced a new language course to its extensive curriculum. Students at the Westminster Bridge-based college are now able to study Mandarin, which will help with any future international business prospects. This new addition strengthens the college’s language offering which includes French, German, Spanish, Latin and Russian.

Those who study languages at DLD College London develop an impressive range of linguistic skills, a large vocabulary and an understanding of the culture associated with that country.

The college already boasts a variety of courses from A-levels, BTECs, GCSE and International Foundation Pathways to ensure each student can study a course that is suited to them.

This new option has been introduced following an incredible year of A-level results which saw an overall pass rate of 98 per cent and an impressive 38 per cent of students achieving A*-A grades. In addition, 63 per cent achieved A*-B and 84 per cent took home A*-C grades.

The first full academic year that the students were able to study in the brand new, purpose-built college, has just come to an end making this results day historical.

DLD College relocated in September 2015 to the 15-floor boarding house with exceptional education facilities and full catering services. As part of the Alpha Plus Group, DLD College aims to maintain a ‘gold standard’ of educational quality. Classes are small, enabling students and teachers to focus upon the most effective ways of learning.

Founded in 1931, DLD College London is one of the oldest and most prestigious colleges in the UK, and since its foundation has built a strong reputation amongst students, parents, schools and universities.

To find out more about DLD College London go to www.dldcollege.co.uk
Iconic nightclub remains closed as licence is revoked

BY JACK DIXON
jack@londonweeklynews.co.uk

SHOWBIZ stars including Radio 1 DJ Nick Grimshaw and fashion model Daisy Lowe have joined party animals from across the capital in slamming the controversial decision to close London’s iconic Fabric nightclub.

Celebrities from the film, television and music worlds expressed their horror amid a wave of public outcry last week.

The club had its licence revoked at a review hearing held following the deaths of two 18-year-olds.

It was described as an “archaic” move that would deliver a “real blow for the youth of London”.

The Clerkenwell venue now faces permanent closure after Islington councillors took the crucial decision at a meeting on Tuesday (September 6).

Mr Grimshaw, who hosts the breakfast show on BBC Radio 1, tweeted: “Fabric closing is a real blow for the youth of London. It’s an institution.”

Ms Lowe, a contestant in the new series of Strictly Come Dancing and a regular at the club, posted “RIP Fabric” on the social media site.

The 2,300-capacity venue had survived a previous review order by police in 2014 after four other deaths from drugs since 2001.

Since opening in 1996, it had received support from top musicians including BBC Radio DJs Annie Mac and Pete Tong, superstar DJs Carl Cox and Fatboy Slim, and rapper Professor Green as well as respected performers Groove Armada and the Chemists.

Established dance music duo Chase and Status were among those condemning the decision last week.

They tweeted: “Our culture has been torn apart with the closing of Fabric and every club with serious history and importance in London. Islington police should be ashamed of themselves for this vendetta against Fabric.”

The issues faced by Fabric have not been adequately addressed.

Mr Grimshaw said: “Left in the hands of these people with the power to revoke licences but who have no real understanding of the topic or culture, it’s archaic.”

The Black Madonna added: “I’m sick to my stomach. As an American in Kentucky the Fabric mixes were my window to the world. This is inconceivable.”

Fabric has issued an official statement claiming the decision to revoke its licence is not the answer to drug-related problems.

Management say 250 members of staff will now lose their jobs as a result of the decision.

The club’s statement said: “Fabric is extremely disappointed with Islington council’s decision to revoke our licence.

‘This is an especially sad day for those who have supported us, particularly the 250 staff who will now lose their jobs.’

‘Closing Fabric is not the answer to the drug-related problems clubs like ours are working to prevent and sets a troubling precedent for the future of London’s nightlife.’

Islington council’s licensing sub-committee heard evidence that the two men who died and their friends were able to conceal drugs and pass through search and entry systems, and that people entering the club were inadequately searched.

A spokesman for the council said: “Existing conditions on Fabric’s licence to prevent serious crime have not been observed. A culture of drug use exists at the club, which the existing management and security appears incapable of controlling.

‘The problems seen during the 2014 review of Fabric’s licence have not been adequately addressed, which has resulted in further tragedy and crime.

“In light of all the circumstances, the sub-committee decided that revocation was both appropriate and proportionate.”

Sadid Khan, the mayor of London, expressed disappointment at the decision and highlighted the need to protect London’s nightlife.

“At a result of this decision, thousands of people who enjoyed going to Fabric as an essential part of London’s nightlife will lose out,” he said.

“The issues faced by Fabric point to a wider problem of how we protect London’s night-time economy, while ensuring it is safe and enjoyable for everyone.

“Over the past eight years, London has lost 50 per cent of its nightclubs and 40 per cent of its live music venues.

“The decline must stop if London is to retain its status as a 24-hour city with a world-class nightlife.”
On the 20th anniversary of her death,

BY GEOFF BAKER

If you thought that the media coverage of this year’s big royal occasion – The Queen’s 90th birthday – was blanket, you have seen absolutely nothing yet.

2017 will see an explosion of commemorations on an unprecedented scale for a royal anniversary, for it will be the 20th year since the death of Diana, Princess of Wales.

You will not be able to go to a bookshop, open a magazine, turn on the television or listen to the radio without Diana dominating everything you see and hear.

Everywhere there will be commemorations, memories and events of remembrance as London, Britain and the planet pays its sad respects to the most-loved icon of modern times and its greatest fashion idol.

2017 will also mark the 40th anniversary of the death of Elvis Presley and Marc Bolan, the 100th of the Russian Revolution, the 50th of the start of the Six Day War, the 30th of the Falklands invasion, the 75th birthday of Stephen Hawking, the 30th anniversary of the Zeebrugge disaster, the 20th of the cloning of Dolly the sheep and the 50th of the first human heart transplant – key events of them. But nothing is going to compare to the year of Diana.

Every writer who ever authored a book on Diana – of which there are hundreds – is expected to have been urged already by their publisher to update and go into reprint. Every chat show and morning TV show is expected to be crammed with authors talking about their book. Every national newspaper will be scrambling to buy the serialisation rights to new biographies and every photo agency will be compiling ‘unseen’ pictures that will dominate front pages for week after week.

Politicians will work to include the word ‘Diana’ into their speeches, celebrities will queue up to reveal the great influence that she had on them and the many charities that she supported will be pushing their good causes.

So expect to see much commemoration activity from those, not least because – as it was perfectly put by a spokesman for Great Ormond Street Hospital in the bleak days that followed her tragedy – “her support was invaluable and incalculable.”

Wayne Sleep will be asked to repeat for the 750,000th time how he danced with Diana at the Royal Opera House in 1985, the world’s top designers are being assembled to contribute to the impact that she had on fashion and it is a racing certainty that Strictly will be looking to angle in some sort of Diana tribute into one of its shows, “as she loved to dance”.

Sir Elton John will come under pressure to re-release Candle In The Wind, the song he wrote for Diana, and played at her funeral before 33 million copies of it were sold worldwide, the biggest-selling single in the history of music.

TV journalist Martin Bashir will doubtless be much in demand by producers to recount his famous interview with a weepy Diana as television clowns like never before to wring every Diana connection out of everything. It would surprise nobody if one of the contestants next year’s Bake Off creates a cake in the image of Diana, “because she inspired me to make something that tasted as good as it looked.”

Already TV producers are advertising in local newspapers all over Britain to interview those who once briefly met Diana, for special documentaries that will doubtless be called The Day I Met Diana, The Princess’s People.

One such come-on recently appeared in local press in the form of a letter from producer Lorraine McKechnie, who announced that she is making such a documentary for ITV by the small TV production company Finestre Productions, makers of other TV specials which have included The Day John Lennon Died, The Day Kennedy Died and The Day Hitler Died.

“I am producing a very special documentary film for ITV to mark the 20th anniversary of Diana, Princess of Wales death in August 2017,” Ms McKechnie wrote.

“The focus of our documentary will be the day of the Princess’s funeral, but even more so her legacy and the effect she and the funeral had on Britain and the British people.

“We will explore the cultural shift from a stiff upper-lipped nation to a more caring, warm and compassionate one, as evidenced in the great outpouring of public grief on the day of the funeral – the ‘Diana Moment’, if you will.”

“The Queen, the Oscar-winning film starring Helen Mirren which dramatised the days after Diana’s death, will naturally be shown at least a dozen times on various channels and it is quite probably odds-on that producers for some such investigative show will revisit the many controversies and conspiracy theories which still abound about the dreadful early hours of August 31st 1997.

“If you happened to be at MIP this year, the Cannes TV festival for the selling of upcoming programmes, you would get a sense of the fever that is about to break out by visiting Stand F1-F34, where salesmen would tell you about DIANA: The Life & Legacy of a Princess, a 60-minute special hosted by Joan Collins, the sales pitch for which runs: “When the world lost Princess Diana in a 1997 automobile accident, the world lost a gentle loving spirit that had touched millions. But who was she really? In a world of luxury and wealth her life had all the intrigue, mystery and heartbreak only known to those with everything to lose. Now in exclusive interviews with those that were closest to her the truth comes out with startling new information about her romances, her dreams and her tragic death.”

“Those who were closest to her?” Are we to expect interviews with the Prince of Wales, Prince William and Prince Harry?

“Probably not, but there’s another thing, the pressure on Charles in this year ahead is going to be horrendous as every TV figure of note on the planet will be bombarding Clarence House with requests for the exclusive interview with His Royal Highness.

“And, to be cynical about it, with good commercial reason – some 32.10 million viewers in the UK watched Diana’s funeral, that’s double the audience of the most watched programme of last year, which was the Bake Off final.

“It is impossible for anyone aged under 30 to fully grasp the world-shaking effect of the death of Diana.

“Back on that Sunday morning of August 31st 1997, millions of us turned on the radio and were rocked to our core to hear, “Diana Princess Of Wales has died after a car crash in Paris”.

“All over the nation, people were saying, ‘Wake up! Princess Di’s dead!’

“The conversation was the same in every single home:

“What?”

“Diana’s dead!”


“They’re saying she was in a car crash...”

“Oh my god! Oh my god!”

“For Britain, it was the assassinations of JFK and Martin Luther King and John Lennon rolled into one, the impact numbed the whole country. Nothing, but nothing else, was talked of that day and for the week afterwards and no words by anybody - Prime Minister Tony Blair, friends, family, nobody – could come remotely close to summarising the national feeling.

“As we are talking about a colossus who was voted third in a BBC poll of The 100 Greatest Britons in 2002, in which Diana outranked The Queen and every other royal, it is barely surprising that, 20 years on, everybody will be involved in revisiting the national grief.

“Radio Times Travel is already advertising £125 coach trips for two to Diana: Her Fashion Story, a new exhibition opening at Kensington Palace in February which will ‘celebrate her life and the evolution of her image and style’.

“The additional blur for the coach trip runs, ‘– to a place where a picture can be seen in signficance in the Princess’s life and the focus of a worldwide tribute following her death as
2017 will become the Year of Diana

The island is located at the centre of the Spencer family's 500-year-old ancestral estate, Althorp, which spans 13,000 acres surrounding its walled 200-acre park. Althorp, located 70 miles from London in Northamptonshire, England, has been the Spencers' historic home for the past 18 generations.

“Something needs to be put in stone or in place as a memory”

Princess Harry

since it was built in 1508. The island at Althorp is in the process of undergoing extensive remodelling, along with the rest of Althorp's gardens.

“The ambitious project at Althorp, which Earl Spencer’s wife, Countess Spencer is leading, will constitute the first transformation of the historic grounds since they were originally designed 350 years ago by André Le Nôtre – King Louis XIV of France’s principal gardener who masterminded the gardens of Versailles.”

As Diana fever grows, it is likely that the Royal Mint will be producing a commemorative coin and that the Post Office will issue a range of in memoriam stamps, and it would also be no great surprise to hear voices raised in favour of making August 31st some sort of special national day; a national holiday would seem inappropriately-joyous, but a day of reflection or marking something that she stood for might not, and certainly would an improvement on the utterly-trite Trail Mix Day, Love Litigating Lawyers Day and We Love Memoirs Day that are currently “officially” celebrated on August 31st.

There will of course be a service of national remembrance at Westminster Abbey – and there will be a national outcry if there isn’t – and that Poet Laureate Carol Ann Duffy had better pull her pen out if she wants to avoid calls for her sacking, but it would be vacuous for those of us who met Diana once for only seconds to make any suggestions on this and any other way to commemorate someone who immediately struck you as such a beautiful beacon of goodness, a truly, essentially-good person, and, besides, there will be ideas enough to come, a deluge of them.

Best that that is left to her family to decide on the best of them. Prince Harry has already expressed his wish to “create something that is going to last forever” to mark the anniversary of the loss of his mother.

Commenting earlier this year, he said: “We want to make sure that there’s something that she’s remembered by and there’s certainly not enough on the right scale in London or anywhere in the UK, that she’s remembered for. And I think myself, William and a few other people, we all agree on that. Something needs to be put in stone or in place as a memory.” Nobody will disagree with him on that. It is going to be a very sad year.

Diana, Princess of Wales with sons Princes William and Harry
Mogwai
Barbican, City of London
Thursday September 15
Scottish alt-rockers return to London on the crest of a wave following the release of their acclaimed ninth album Atomic. Dense, driving instrumental power the Mogwai bandwagon but there are moments of real beauty buried within. The four-piece completed two decades as a band last year but show no signs of slowing.

K T Tunstall’s new album KIN is out now.

Older and wiser - KT is back

LION-hearted singer-songwriter KT Tunstall made an appearance in Oxford Street last week to debut tracks from her long-awaited new album.

Fans young and old caught the first glimpse of a revitalised performer offering up her strongest material since break-through LP Eye to the Telescope.

Conquering the folk rock world was child’s play to a young KT, who made a rush for the charts with her early singles Black Horse and the Cherry Tree, other...
KEITH RICHARDS’ LOST WEEKEND
by Geoff Baker

He’s had a few lost weekends in his time, has Keith Richards. And many among his millions of fans have come close to getting hospitalised by attempting to match his endurance record for staying up without any sleep for three, or is it five, days.

Well now that staying power is going to put to the acid test (to use a possibly apt phrase) as Keith is to take over an entire BBC channel for three days of programming personally selected by his very good self.

In a bold, imaginative and pioneering move, BBC Four has invited Keith to curate an entire weekend of programming.

Keith Richards’ Lost Weekend will take viewers on a rock ‘n’ roll mystery ride from dusk till dawn on Friday, Saturday and Sunday night later this month.

“He will hand-pick all the shows and will feature between them across each night in a specially-filmed in-depth interview, making this an extraordinary televisial journey,” said a BBC spokesman.

“Filmed and compiled by acclaimed director, Julien Temple, Keith will be on-screen between each of the programmes taking viewers through the night with him, giving a fascinating insight into his life philosophy, legacy, world views and so much more, and talking about his choices which include movies, documentaries, comedy shows, cartoons, music performances and clips, old ads, movie stars and random night-related imagery.”

Said Keith, “No one has taken over a TV channel before. Let’s see how it flies!”

BBC Keef will run from 7.0 pm to 4.0 am each day but just like a pirate broadcast the full schedule will not be released in advance.

“With Keith taking back the reins, viewers will discover most of his choices only when he introduces them,” said the spokeswoman.

So anything could happen and the anything may well include Keith recounting a lost weekend he enjoyed with John Lennon in 1967 when, flying on LSD, they and the model Kari Ann Boller decided to drive from London down to the Dorset seaside town of Lyme Regis to visit her mother, if he can remember it.

“It was an acid-fuelled road trip of such extremes that I can barely piece together a fragment,” he revealed in his world-busting autobiography Life.

“According to Kari Ann, we started in Dolly’s nightclub and drove around Hyde Park Corner several times, wondering where to go. We drove to John’s house in the country, she says, and said hi to Cynthia, and then Kari Ann decided we’d go and visit her mother in Lyme Regis.

“What a nice visit for her mother – a couple of acid heads who’d been up for a couple of nights. We got there about dawn, so her story goes. One greasy-spoon caff wouldn’t serve us, John got recognised and Kari Ann realised that we couldn’t go and visit her mother because we were so out of it. There follow therefore some missing hours.”

These days of course Keith is not out of anything, certainly not the limelight and his Lost Weekend comes on the heels of the triumph of Keith Richards – The Origin Of The Species, Temple’s brilliant documentary screened on BBC Four in July in which the master guitarist traced his story from his birth to the start of the Stones.

That documentary was universally acclaimed as the greatest rock and roll film in the world and BBC Keef will be screening a new, 75-minute director’s cut of it during the three days of his personal programming which will include films such as Alfred Hitchcock’s The 39 Steps, The Man Who Would Be King starring Sean Connery and Michael Caine, 1948 Italian classic Bicycle Thieves, a 1947 film noir Out of the Past directed by Jacques Tourneur, and macabre horror movies The Sorcerers and I Walked with a Zombie.

Plus there will be gems from the archive featuring Johnny Cash, Jimi Hendrix with Keith, and never seen before archive of The Rolling Stones.

Julien Temple said, “The programming will be interwoven with a uniquely relaxed, wide-ranging and intimate interview in which Keith shares his legacy, world views, life philosophy and survival strategies with viewers.

“It’s an open invitation for the audience to get to know Keith in-depth over three nights in a way that has never been seen before.

“As dawn breaks, those viewers who have experienced the full ride can celebrate the fact that they have been able to make it all the way and out the other side with Keith Richards as the sun comes up on their TV screens.”

Cassian Harrison, Editor of BBC Four, said: “BBC Four has always been the home of singular, eclectic and passionate voices - and who would qualify more for that moniker than the legendary Mr Richards.

“I’m delighted, if also a little nervous, to be entrusting the channel to Keith and to journeying with him through the night, enabling viewers to spend a weekend on BBC Four with one of the most famous and intriguing people in the world in a way that transcends the bounds of a traditional channel.”

Er, just a bit guv.
Wine & dine

Eat like you’re on holiday

It’s a well-known fact that eating a Mediterranean diet has numerous health benefits. But according to new research, it’s also more likely to help weight loss than a low-fat diet.

A study by the University of Barcelona revealed an unrestricted calorie Mediterranean diet, high in olive oil, led to participants losing a small amount of weight over five years. It may only be a small amount of weight, but as it was lost on an unrestricted-calorie diet, the study suggests Mediterranean eating could be the best way to go - particularly when you consider the diet’s proven health benefits, including a reduced risk of developing heart disease, some cancers and Type 2 diabetes, as well as having improved brain power.

So how do you eat Mediterranean? While it’s a diet that’s generally rich in fresh fruit, vegetables, wholegrains, nuts, beans, fish and olive oil, here are some more specific tips...

BE HEALTHY WITH YOUR FAT

Try to use olive oil for cooking and baking, instead of margarines and butter. Olive oil is a monounsaturated fat, but polyunsaturated fats from nuts, seeds and oily fish are also included. A key element of the Mediterranean diet is omega-3 fatty acids, found in oily fish, flax seed, walnuts and pulses.

EAT YOUR GREENS

Eat as many vegetables as possible, in a range of colours to maximise antioxidants and vitamins.

REDUCE RED MEAT

Cut down on red meat and consume protein from skinless chicken and turkey, fish, beans, nuts and other plants.

GO FOR GRAINS

Make sure your bread, pasta, rice and grains are wholegrain. Try grains like oats, quinoa and barley.

SNACK ON SEEDS

Snack on seeds, nuts, whole fruits and unprocessed foods, instead of biscuits, cakes and crisps.

KEEP BOOZE INTAKE LOW

Keep alcohol consumption low to moderate, and try to only drink with food.

A Mediterranean diet can cut the long-term risk of heart disease by half, research shows. A Greek study of more than 2,500 adults found those who closely followed a traditional Mediterranean diet were 47 per cent less likely to develop heart disease than those who didn’t. The reduced risk may be linked to lower blood pressure and cholesterol.

Research also suggests the Med diet can help reduce the chance of developing Type 2 diabetes as it promotes better control of blood glucose levels and can help lower obesity.

It may protect against breast cancer.

● Reduces the risk of womb cancer by more than half.

● Helps reduce obesity and its complications, including Type 2 diabetes and heart disease.

● Helps reduce brain shrinkage - a US study of 674 people with an average age of 80 showed that those following a Mediterranean-like diet had larger brains.

● Can help preserve memory and thinking abilities.

● Reduced risk of Parkinson’s and Alzheimer’s disease.

● Reduced risk of depression.

● Less inflammation, a risk factor for heart attack, stroke and Alzheimer’s disease.

● A 20 per cent reduced risk of death at any age due mainly to the decreased incidence of heart disease and cancer.

Ingredients

2 pheasant breasts
60g butter
Salt and freshly ground black pepper
A couple of sprigs of thyme
20 chestnuts
A couple of handfuls of pennywort or small salad leaves

For the dressing

1tbsp sherry vinegar
3tbsp walnut oil
1tbsp vegetable or corn oil

Method

Preheat the oven to 180C/gas mark 5.
Crisscross the tops of the chestnuts with a small knife, put them in a small baking tray and cover them with foil. Bake for about 15 minutes, or until the skins come away from the chestnuts easily.

Remove from the oven and leave until cool enough to handle. Melt the butter in a small saucepan that will fit the breasts tightly. Season the pheasant and add to the pan with the thyme. Cook them on a very low heat with a lid on for 5-6 minutes, then remove from the heat and take the lid off (a simmer plate is ideal for this, for keeping the temperature down). Remove the breasts from the butter and transfer to a chopping board. Carefully remove the skins from the chestnuts and add them to the pan with the pheasant butter in. Whisk the sherry vinegar and oils together and season.

To serve, thinly slice the pheasant and arrange on serving plates with the chestnuts and leaves.
THE classic musical Half a Sixpence, which was first performed in Wimbledon over 50 years ago, is set to make its return to London next month as the acclaimed Chichester Festival Theatre production transfers to the Noel Coward Theatre.

Following rave reviews and a record-breaking run in Chichester the production, which was originally produced as a star vehicle for a young Tommy Steele, will introduce a new talent called Charlie Stemp, leading the cast as Arthur Kipps.

Co-produced by West End impresario Cameron Macintosh, the musical adaptation of H.G. Wells’s semi-autobiographical novel ‘Kipps: The Story of a Simple Soul’, is a completely fresh adaptation which reunites book-writer Julian Fellowes with George Stiles and Anthony Drewe, the musical team that Mackintosh first put together to create the hit stage adaptation of Mary Poppins with Disney.

The score is inspired by and features several of composer David Heneker’s exhilarating songs from the original production, including ‘Money To Burn’, ‘Half A Sixpence’ and ‘Flash Bang Wallop’.

The story follows Arthur Kipps, an orphan and over-worked draper’s assistant at the turn of the last century.

Kipps unexpectedly inherits a fortune that propels him into high society. His childhood companion, Ann Pornick, watches with dismay as Arthur is made over in a new image by the beautiful and classy Helen Walsingham. Both young women undoubtedly love Arthur – but which of them should he listen to?

With the help of his friends, Arthur learns that if you want to have the chance of living the right life, you need to make the right choices.

The entire Chichester cast will transfer to the West End, starring newcomers Charlie Stemp as Arthur Kipps and Devon-Ellise Johnson as Ann Pornick – alongside Ian Bartholomew as ‘Chitterlow’ and Emma Williams as Helen Walsingham.

Performances will commence at the Noël Coward Theatre from October 29. Visit the website www.halfasixpence.co.uk for more information.

Free tickets for young theatregoers

THE Mayor of London Sadiq Khan and Hollywood superstar Meryl Streep were among supporters who joined together to celebrate the release of the first batch of YOUNG+FREE tickets from the Donmar Warehouse.

The tickets are available to those aged 25 and under, for the all-female Shakespeare Trilogy at the King’s Cross Theatre and, so far, more than 5,000 people have signed up via the online portal.

The Mayor and Meryl Streep are acting as ambassadors for the project along with other big names from the world of showbusiness including Lenny Henry, Vanessa Ogdin, Lucy Perman, Rama Saleem and Ben Whishaw.

They are encouraging young people to sign up before performances start on September 23.

Speaking about the YOUNG+FREE ticket scheme, Ms Streep said: ‘Who owns Shakespeare? We all do. I am thrilled to be supporting this extraordinary project from the Donmar.’

Sadiq Khan added: ‘All Londoners should benefit from the fantastic cultural riches our capital has to offer. I’m delighted that this scheme will bring young people and world-class theatre together in the heart of our great city.

All of the front row seats for The Donmar Shakespeare Trilogy will be free to 25s and under through the YOUNG+FREE initiative. YOUNG+FREE tickets will be released throughout the run on a weekly basis.

As part of the initiative Donmar’s Education and Outreach programme will enable 2,500 students from targeted London state schools to see these productions. Alongside these free tickets are creative projects and free workshops, targeted at schools, youth groups, community centres and organisations working with young people at risk of offending, designed to inspire and empower those with limited experience of Shakespeare performance.

The Donmar’s all-female Shakespeare Trilogy will launch a new production of The Tempest on September 23, at a new 429-seat in-the-round temporary theatre, built at the King’s Cross Theatre site, built and run by Tristan Baker and Oliver Roys for Theatre Tracks.

The Tempest will transfer to New York’s St Ann’s Warehouse in January 2017, concluding an unprecedented eight months of Donmar productions in the US.

To sign up for YOUNG+FREE tickets or for more information, you can visit the website www.youngandfreelondon.com
FORMER Blue Peter presenter and stage stalwart Mark Curry joined the cast of the smash hit musical Wicked back in March and will be part of the production during its tenth anniversary celebrations in the West End later this month, writes Nicky Sweetland.

The multi-award-winning stage phenomenon, which charts the life and times of the Wicked Witch of the West, has become one of the biggest musicals in the world with an estimated 50 million people making the journey into the Land of Oz. The London production, which originally featured Disney’s Frozen star Idina Menzel, will celebrate a decade of performances at the Apollo Victoria Theatre on September 27.

Broadcaster and actor, Mark Curry is possibly best known for his spritely and sometimes hilarious antics in on the classic children’s television series Blue Peter back in the 1980s. His stage credits read like a ‘Who’s Who’ of the West End and have included starring roles in The Woman in Black, Singing in the Rain, and Talent, which was directed by the late, great Victoria Wood.

In a quick break from rehearsals with the new Wicked cast, Mark took time to talk to me about the show and about what it’s like to be part of such a landmark year.

He said: “It’s the tenth year and I’m just so pleased to have been asked to stay on for that. It really means a lot to me.”

Wicked is based on the novel by Gregory Maguire and features characters from the magical world created by L. Frank Baum in his children’s story, The Wizard of Oz. The story follows the green skinned, Wicked Witch of the West (called Elphaba, devised from the phonetics of Baum’s initials-L.F.B), from her first day at university up until her untimely demise at the hands of the Kansas farm girl Dorothy. Along the way, we find she is not quite the cackling monster we all remember from the 1939 film, as she desperately seeks approval from both her classmates and from the charismatic political leader, in the shape of the Wizard.

“Everybody wants to meet the Wizard of Oz, particularly Elphaba because she’s heard about him and has dreamed that when she meets him, he won’t judge her for being green. In fact he might even ‘degreenify’ her. She’ll be accepted by him and they’ll become this wonderful powerful duo who are going to right the wrongs and sort everything else out,” said Mark.

“When he appears it’s not quite how she thought. He’s one of those guys who’s charmed his way to the top and, like so many people in politics, says what other people want to hear.”

The role of the Wizard has been previously played by a long list of actors including Joel Grey, Nigel Planer and Sam Kelly. Each portrayal is unique and I ask Mark, what he has tried to bring to his performance.

“I’m naturally a bit of a showman and that’s my personality to a certain extent. The challenge for me has been to try to keep it real and get the character right and not be too smooth.”

Mark said: “I love that connection with Elphaba that he feels straight away. I love playing that and getting to know her to a certain extent. The Wizard is a really big character and it’s a big challenge for me.” The audience can look forward to arrangements of Elphaba’s timeworn vocals to the Wizard of Oz’s iconic songs, coupled with her untimely death.

“I asked Mark if he knew what they had planned for the Wizard’s return and he said: “I’ve got the chance to work with people who I’ve got the chance to work with people who have been part of the show for ten years. It’s got a lovely feel to it and a new energy.”

I asked Mark what he believed to be the enduring appeal of the show.

“The story is brilliant, it appeals to every age group and it’s a true family show. A whole range of ages can get something out of it and can identify with the characters. They can identify with Elphaba and the fact that she’s removed, on the outside looking in a lot of the time, but they can also identify with Glinda, who’s seemingly wonderful, good and pure.

“She is actually quite manipulative and we all use that in our lives as well. Of course, it looks fantastic and the music is just amazing. It’s just a night that flies by and it’s a timeless story. It will easily be going on in 50 years time, because it will not age.”

The new cast of Wicked will started performances this week and the 10th anniversary celebration takes place on September 27. If you would like any further information, you can visit the website www.WickedTheMusical.co.uk.
Handyperson
Age UK Lambeth, 336 Brixton Road, Brixton, London SW9 7AA
Salary: £22,212 + contributory pension scheme; employee 5% & employer 7%.
The Handyperson will deliver a reliable service to a high standard to older people and people with disabilities in Lambeth. A van is provided, full clean driving licence required. Jobs include fitting smoke alarms, grab rails, bathroom accessories, shelves and doors, replacing curtain rails and assembling furniture. A recruitment pack can be downloaded from www.ageuklambeth.org.uk or requested from 020 7346 6800. Candidates invited to interview will be expected to provide proof of their eligibility to be employed in the UK. An enhanced DBS disclosure certificate will be required from the successful candidate.
Closing date: noon Friday 23 September 2016
Interviews: Thursday 29 September 2016
Salary: £22,212 + contributory pension scheme; employee 5% & employer 7%.

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Hairdressing

Hairdressing
For Afro Caribbean styling, wages negotiable including Level 3. Must be reliable and good customer service skills.

Public Notices

Transport for London Notice

ROAD TRAFFIC REGULATION ACT 1984
THE A3220 GLA ROAD (HOLLAND ROAD, ROYAL BOROUGH OF KENSINGTON AND CHELSEA) (TEMPORARY PROHIBITION OF STOPPING) ORDER 2016
1. Transport for London hereby gives notice that it intends to make the above named Traffic Order under section 14(1) of the Road Traffic Regulation Act 1984 for the purpose specified in paragraph 2. The effect of the Order is summarised in paragraph 3.
2. The purpose of the Order is to enable sewer works to take place on A3220 Holland Road.
3. From 10:00 PM on 4th October 2016 until 05:00 AM on 5th October 2016 or when those works have been completed, whichever is the sooner, subject to the provisions of article 4 below, no person shall cause or permit any vehicle to: (1) stop on A3220 Holland Road outside Nos. 8-22; or (2) stop on A3220 Holland Road outside Nos. 13-27.
4. The prohibitions will not apply in respect of: (1) any vehicle being used for the purposes of those works or for fire brigade, ambulance or police purposes; (2) anything done with the permission or at the direction of a police constable in uniform or a person authorised by Transport for London.
Dated this 13th day of September 2016
Mufu Durowoju
Network Impact Management Team - Manager,
Road Space Management – Operations Transport for London
Palestra, 197 Blackfriars Road, London, SE1 8NJ

The London Borough of Hammersmith and Fulham

THE LOCAL GOVERNMENT ACT 1972, SECTION 123(2A) (as amended)
LAND IN WORMWOOD SCRUBS, KNOWN AS THE PONY CENTRE, SCRUBS LANE, LONDON W3 7NS

NOTICE IS HEREBY given that the Council of the London Borough of Hammersmith and Fulham intends to dispose of land by way of a lease together with a single storey building erected on the land situate within the grounds of Wormwood Scrubs, Scrubs Lane London and having an area of approximately 0.94 hectares which land forms part of public open space and shown edged red on the attached plan. The lease is to be granted to The Wormwood Scrubs Pony Centre Limited and the land and building are to be used as a Pony Centre for the provision of facilities for horse riding and education for mentally and physically handicapped children.
Any objections to the intended disposal must be made in writing no later than 13 September 2016 and addressed to:-
Gavin Ross
Corporate Property Services
London Borough of Hammersmith and Fulham
5th floor, Town Hall Extension, King Street, Hammersmith London W6 9JU
Dated this 30 August 2016

The London Borough of Hammersmith & Fulham

Wormwood Scrubs Pony Centre, W3 7NS

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Benefits include membership of a contributory final salary pension scheme and a minimum 26 days of annual leave.
The Elmgreen School, the first partner sponsored school in England, is an 11-18 Humanities School serving a diverse and vibrant community. The school is fully comprehensive and offers a broad and balanced curriculum designed to help all students succeed.

Further information and an application form and job description are available from our website www.the-elmgreen-school.org.uk or email recruitment@the-elmgreen-school.org.uk
Closing date: midday on Friday 16 September 2016.
No CVs or agencies please.
All successful candidates will be subject to a DBS Enhanced Disclosure.
Local Planning Applications
London Borough of Hammersmith & Fulham

PLANNING (LISTED BUILDINGS AND
CONSERVATION AREAS) ACT 1990

I give notice that applications have been made to the Council of the
London Borough of Hammersmith & Fulham as follows:

FOR DEVELOPMENT WHICH MAY AFFECT THE
APPEARANCE OF A CONSERVATION ARE:

A CONSERVATION AREA

19A Larkfield Road
London W6 6UQ

Variation of a Listed Building
planning permission reference: 2015/0564/2/FUL
granted 3rd February 2016 for the "erection of two rear dormer roof
extensions, insertion of bi fold door in lower doors within proposed
rear dormers and creation of two of terraces areas in the rear dormer extensions with associated 1.7m obously
glazed balustrade".

- to include the lowering of the rear panels of the approved glazed
terraces to a maximum height of 2.7m to 1.7m
- 16B Hillyard Road London
W12 0QG

Replace existing windows and
door with folding doors
5 Maybury Road London
SW6 2NH

Erection of a rear roof
extension; erection of a
second floor extension at
top of existing back
windows

102 Tunic Road London
W12 7EY

Erection of a rear roof
extension; erection of glazed
screen wall around flat roof at
second floor level in
connection with its use as a
temporary single storey
roof in the front roofslope;
erexion of rear extensions at
top of existing back
windows
- installation of a door to replace
existing window in rear
extensive repair works to the
ground floor level and
erexion of glazed screening
around the flat roof for use as a
temporary single storey
window to the rear elevation
and brick up of the existing
windows in the south side of rear
back addition at first floor level;
installation of a new door to the
side of the single storey back

28 Cronedge Road London
SW6 4BS

Erection of a rear roof
extension, involving an
increase in the ridge height by
200mm; alterations to the roof
of back addition at second
floor level to incorporate a flat
roof and erection of glazed
screening for use as a
terrace; - erection of a single storey
rear extension to the side of the
existing back addition;
erection of front garden and
part of rear garden to form
lightwells, in connection with
erection of the rear extension
of the basement;
2 Avonmore Gardens
London W14 8RU

Erection of all existing
timber windows to the front
and rear elevations at ground
floor level with new timber
windows;

Suite 6 Burlington Lodge
Studios 48 Rigalot Road
London W6 7JF

2016/03040/FUL
Excavation of front garden and
part of rooflight fenestration.
23 Barcon Court Road
London W14 9DY

2016/03203/FRL
Replacement of all existing
glazed timber windows and
door to the front, side and
rear elevations at ground floor
level.

153 Hammersmith Road
London W6 7EJ

2016/03914/FUL
Use of part of pavement
fronting on the north side of
Bamborough Gardens as an
outside seating area comprising
5 tables and 10 chairs.

29 Bradbourne Street
London SW6 3TT

2016/03861/FUL
Erection of a rear extension at
second floor level, on top of
existing back addition; window
in rear extension with French
doors and a Juliette balcony;
erection of particle board
window in rear elevation at first
floor level with French doors and
10 windows.

348 North End Road
London W6 1NB

2016/02960/ADV
Display of an internally
Illuminated fascia sign; display
of an internally illuminated
projecting sign.

22 Lime Grove London
W12 8EA

2016/02960/FUL
Erection of a single storey
extension to the rear
existing single storey studio building in the
rear garden.

Bus Shelter Outside 28
Fulham High Street
London

2016/03509/ADV
Display of a freestanding
double-sided internally
illuminated sign on the public
highway measuring 2.37m (height) x 1.34m (width)
(0.50m deep). (Amended Site Address)

124A St Stephen’s Avenue
London SW6 6LA

2016/03008/FUL
Demollition of existing single
storey garage and replacement with a new
two storey plus basement building to be used
as a food office and containing one bedroom
maisonette.

37 Aragon Road
London W12 9TF

2016/03843/TO
Felling of a 150 Year Leaf
Pine (T17) in the front garden.

subject to Tree Preservation
Order TPO18/2/70.

5 Splash News and Unit 2D
2E Macfarlane Road
London W12 7JS

2016/03775/FUL
Installation of 3no. air
conditioning condensing units
attaching to the southern
elevation on the existing flat
roof at second floor level.

Gloucester House 194
Hammersmith Road
London W6 7DJ

2016/03758/FUL
Erection of the storey
modular building to be used as an
office facility in the rear
exterior of the building.

Wilsontoe Park Car
Services

2016/03715/LBC
Retention of additional
excavation of the basement to
that approved under
application 2012/01183/FUL;
Fulham Palace Bishop’s
Avenue London SW6 6EA

2016/03875/LBC
Change of use of ground
and first floor retail (Class A1)
into a Hairdressing/Beauty
Services

2016/03825/FUL
Demolition of the existing
museum/exhibition space in
part of the north range of
the West Courtyard, including
the introduction of secondary
glazed partition in the west
range; extensive repair works
to the Great Hall interior as
well as the external walls within the
service range as well as the removal
of a partition in the west rear
erection;

24 New King’s Road
London SW6 4SA

2016/03903/FUL
Change of use of ground and first
floor from retail (Class A1) to
a Hairdressing/Beauty
Services

2016/03914/FUL
Erection of a temporary
storey modular building for
Metropolitan Police Station
with associated steps, ramps,
external lamp post and
sign.

8 Wood Road London
SW6 4PH

2016/03596/FUL
Erection of a single storey
extension at roof level; erection of a
extension at first floor level over
the existing back addition;
erection of roof terraces at first
and second floor level.

2016/03371/FUL
Change of use of ground floor
office space at ground floor
to museum/exhibition space in
part of the west range, and
north range of the West
Courtyard, including the
erection of glazed partition in
the west range; repair and
reconstruction works to the
Great Hall interior as well as the
external walls within the service
range as well as the removal
of a partition in the west rear
erection;

25 North End Road
London SW6 3TF

2016/03875/FUL
Erection of a single
storey commerical office space at
ground floor to museum/exhibition
space in part of the west range, and
north range of the West
Courtyard, including the
erection of glazed partition in the west
range; extensive repair works
to the external Tudor brickwork
with associated steps, ramps
and bricking up of the existing
dormer on the north range and the
removal of some modern glazed
partitions in the west range;

2016/03903/FUL
Removal of change of use
application 2012/01183/FUL.

30 Ravenscourt Gardens
London SW6 5RP

2016/03874/ADV
Demolition of a single storey
building on an allotment
plot. (Amended)

31.07.2015 for the ‘Erection of
a pavement fronting on
Pipers Passage and Porch:
formation of a new access
to Great the north of the
north range of the West
Courtyard, at the entrance
or the north of the Great
Hall;

Retention of the existing
interior layout with the
erection of new over cladding to all
windows and doors.

Fulham Palace Bishop’s
Avenue London SW6 6EA

2016/03929/ADV
Installation of a new French
door to the building and the erection of a
replacement part one, part two and part
three basement single family
domestic building and the erection of
a temporary single storey modular
building to be used as an
office facility in the rear
exterior of the building.

30.07.2015 for the ‘Erection of
a pavement fronting on
Pipers Passage and Porch:
formation of a new access
to Great the north of the
north range of the West
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Pipers Passage and Porch:
formation of a new access
to Great the north of the
north range of the West
Courtyard, at the entrance
or the north of the Great
Hall;

Retention of the existing
interior layout with the
erection of new over cladding to all
windows and doors.
NOTICE UNDER REGULATION 22 OF THE TOWN AND COUNTRY PLANNING (ENVIRONMENTAL IMPACT ASSESSMENT) (ENGLAND AND WALES) REGULATIONS 2011

I give notice that: Forthfield Limited (The Applicant) has provided further information to HAMMERSMITH AND Fulham Council in relation to alterations to the Environmental Statement and has submitted amendments and an accompanying Supplementary Environmental Information to the Proposal for planning permission to carry out the following development:

Address: Stamford Bridge Grounds, Fulham Road, London SW6 1HS

Application Number: 2015/0506/FUL

Description of Development:
Demolition of existing stadium and buildings within Stamford Bridge Grounds with construction of a new 50,000 capacity football stadium (Class D2) with ancillary stadium-related uses including a Combined Heat and Power (CHP) plant, club shop, kiosks and museum; restaurant/café (Class A3); together with the construction of a decking platform over the District Line railway to the north-west and a decking platform over the Southern mainline railway to the east; extensive cycle and pedestrian works, new pedestrian access from Fulham Broadway Station and Fulham Road; new vehicular access via Wansdown Place; car parking; landscaping and related works. (Amended Proposed Development)

Notice is given because:
The application is accompanied by an Environmental Statement.
The proposed development is a major development.
The proposed development is within a conservation area and may affect its character or appearance.
The proposed development adjoins conservation areas and may affect their character or appearance.
The proposed development may affect the setting of listed buildings.
Anyone who wishes to make representations regarding the revised planning application should do so by 7 OCTOBER 2016.

To view the supporting documents including the further information in relation to the Environmental Statement please visit www.lbhf.gov.uk/stamfordbridgegrounds

The application is also available to view during normal office hours at the main reception area, Hammersmith Town Hall Extension, King Street W6 9JU.

If you wish to order a copy of the supplementary Environmental Statement, please contact the applicant’s agent, Elizabeth Crump at AECOM. Elizabeth.Crump@aecom.com A cop y can be obtained at a charge of £170 (excludes VAT and postage). Alternatively the Non-Technical Information can be obtained at a charge of £20 (excludes VAT and postage). Electronic copies on CD or memory stick of the documents are available at a cost of £5 (excludes VAT and postage).

If you want to make a comment on the revised application, please do so in writing. You must provide your name and address and a statement of your interest in the development. You must also state the application reference number:

Signed: Juliemma McLaughlin
Director for Planning & Development
On behalf of Hammersmith and Fulham Council
Public Notices

Transport for London Notice

MAYOR OF LONDON TRANSPORT

THE A100, A2, A3, A3211 GLA ROADS AND SIDE ROADS [VARIOUS ROADS, CITY OF LONDON AND LONDON BOROUGHS OF TOWER HAMLETS AND SOUTHWARK] (TEMPORARY PROHIBITION OF TRAFFIC AND STOPPING) ORDER 2016

1. Transport for London in consultation with the City of London and the London Boroughs of Tower Hamlets and Southwark, hereby gives notice that it intends to make the above named Traffic Order under section 14(1) of the Road Traffic Regulation Act 1984 for the purpose specified in paragraph 2. The effect of the Order is summarised in paragraph 3.

2. The purpose of the Order is to allow Bridge works to take place on Tower Bridge.

3. The effect of the Order will be to prohibit any vehicle from:
   a) Entering, exiting, proceeding or stopping between Tower Bridge Road, Tower Bridge and Tower Bridge Approach between its junctions with Tooley Street and St Katherynes Way;
   b) Entering or proceeding on Mansel Street northbound between its junctions with Tower Hill and Shorter Street;
   c) Entering, exiting or proceeding on Queen Elizabeth Street between its junctions with Tooley Street and Horselydown Lane;
   d) Stopping on Borough High Street between its junctions with Union Street and Southwark Street;
   e) Entering or exiting Great Dover Street between its junctions with Bricklayers Arms and Borough High Street;
   f) Entering the 10th and 11th Newington Causeway/ Borough High Street between its junctions with Elephant and Castle and London Bridge;
   g) Entering or exiting Marshalsea Road between its junctions with Borough High Street and Southwark Bridge Road;
   h) Entering or exiting Borough High Street between its junctions with Newington Causeway and London Bridge;
   i) Entering or exiting Southwark Bridge Road between its junctions with Bowness Road;
   j) Entering or exiting A3211 Tower Hill/ Byward Street/ Upper Thames Street/ Lower Thames Street between their junctions with Tower Bridge Approach and Queen Street Place;
   k) Entering or exiting Great Tower Street between its junctions with Mincing Lane and Byward Street.

4. The Order will also:
   i) Suspend the right turn from Mansell Street into Tower Hill;
   m) Suspend two-way operation on Great Tower Street between Mincing Lane and Byward Street, making it eastbound only;
   n) Suspend waiting and loading restrictions on Fenchurch Street between its junction with Lime Street and Nos. 150-151 Fenchurch Street between 7am and 7pm;
   o) Ban the left turn from Newington Causeway into Southwark Bridge Road, except for Local Buses.

5. The Order will be effective at such times and to such extent as shall from time to time be indicated by traffic signs.

6. Works would be expected to commence on Monday 26th September 2016 and remain in place for two weeks with potential back up start dates on the 10th and 17th of October 2016. The dates specified are for guidance and informative purposes only and works may extend outside these dates.

7. The Order will come into operation on the 26th September 2016 and will be valid for a maximum period of 18 months or until works are completed, whichever is the sooner.

8. At such times as the prohibitions are in force an alternative route will be indicated by traffic signs.

Dated this 13th day of September 2016

Mufu Durowoju
Network Impact Management Team Manager,
Road Space Management - Operations, Transport for London, Palestra, 197 Blackfriars Road, London, SE1 8NJ
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We know that moving can be very stressful.  
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T: 0203 402 4720 / 4721
M: 0777 122 3370
E: contact@charlesfrances.com
Web: www.charlesfrances.com
DUTCH forward Tjaronn Chery scored surely one of the goals of the season for Queens Park Rangers in Saturday’s 1-1 home draw with Blackburn Rovers.

Chery’s world class strike, a left-footed free-kick that curled into the top corner from 25 yards or so via the underside of the crossbar in the 65th minute, deserved to win any game.

But a looping header from Sam Gallagher eight minutes later gained bottom of the table Rovers their second point of the season.

Dead-ball specialist Chery, who has now scored four goals (three penalties) in R’s first six Championship matches, described it as his “best ever goal.”

Hasselbaink said: “Tjaronn is a very confident lad. He practices those set-pieces all the time and today he managed to score one – and it was a fantastic strike.

“I hoped it would be the goal that won the game but it wasn’t to be.”

Both sides had opportunities to win it late on but Rovers’ keeper Jason Steele was by far the busier of the two keepers, denying R’s deputant Idrissa Sylla in the dying moments.

Hasselbaink said: “I’m not happy with the point but I can’t fault the players too much. I thought we were good, the better team, and created a lot of chances in the second half.

“On another day, I think we would have won the game but it wasn’t meant to be today.”

He added: “It is what it is – their goalkeeper had a very good game. We forced him to make a number of good saves and that’s a positive.

“Sometimes you have to credit the goalkeeper and today he made a number of fine saves to deny us.”

Hasselbaink was disappointed with the manner in which R’s conceded the equaliser: “Their goal disappointed me. It was a second phase goal and it’s not like us to switch off from second phases.”

They can’t afford a repeat of such defensive lapses when Championship favourites Newcastle United visit Loftus Road tonight (Tues). In truth, a point was the least Blackburn deserved.

“We won’t dwell on it, we’ll take the positives, and move on to Tuesday night now,” added R’s boss.

“There’s another three points at stake and we’ll make sure we are as prepared as we possibly can be for the game.”

New signing Sylla had to wait until the 80th minute for his first taste of competitive English football, as a sub replacement for Nasser El Khayati, but could start against Newcastle if Sebastian Polter does not recover in time from the hip muscle injury that forced his withdrawal at half-time against Blackburn.

Rangers are also checking on the fitness of Australian international midfielder Massimo Luongo, who missed out owing to illness, while striker Yeni Ngbakoto will be available after missing Saturday’s match following the death of his father.

Seventh-placed R’s will need to be firing on all cylinders against a rampant Newcastle side who have soared to second in the Championship table with four consecutive wins following their opening day defeat at Fulham. They were impressive 2-0 winners at Derby County last weekend.

After facing each of the teams in the bottom four, tougher tests are coming thick and fast for the W12 outfit. On Saturday Rangers visit early pacesetters Huddersfield Town, who are undefeated after five wins and a draw.

MIDDLESEX star and England one-day captain Eoin Morgan has defended his decision to opt out of October’s tour of Bangladesh due to security concerns.

No international side has toured Bangladesh since 18 foreigners were killed in a siege at a cafe in Dhaka in July. Morgan, 29, said: “In 2010, we played an Indian Premier League game in Bangalore and a bomb went off in the ground. We left and went straight to the airport. Another one was playing domestic cricket in Bangladesh during political elections and things were incredibly violent. Given that no-one has toured there since the terrorist attack adds a bigger decision to it.”

Opening batsmen Alex Hales had also pulled out just before EW went to press on Monday, but the England and Wales Cricket Board said in August that the tour would go ahead following a security review. The tour features three one-day internationals followed by two Test matches.

England director of cricket Andrew Strauss has warned that players risk losing their places if they did not travel.

He said: “While we understand and respect Eoin and Alex’s decision, we are disappointed that they have made themselves unavailable.”

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Jokanović has held his hands up and admitted his own part in Saturday’s 1-0 home defeat by Birmingham City that ended Whites’ unbeaten start to the season.

The Serb substituted debutant Stefan Johansen after just 32 minutes, replacing the Norwegian midfielder with Jozabed, but to no good effect.

Having already seen his first-half penalty superbly saved by David Button, the keeper’s former Brentford team-mate Clayton Donaldson sealed the rout with his second spot-kick in the 49th minute.

“I tried to find a solution,” said Jokanović. “We didn’t start very well and I tried to find a solution during the game but I didn’t find it. My boys tried to fight but we didn’t find it and we didn’t play a good enough game.”

“I don’t want to blame Stefan,” Jokanović went on. “He is a very good player and he had only trained with us for the last three days.”

Jokanović intimated that it was a late decision to hand Johansen his debut. “I lost Scott Parker at the last moment for the game today,” he said.

And then in an effort to heal Johansen’s wounds, Jokanović added: “Stefan Johansen is going to be a very important player for us. We are a new team and we have been working together for a few months. We haven’t played together for two years or something like this.”

Jokanović also replaced striker Matt Smith with Nesiam Kebano – unlucky to be left out of the starting line-up – at half-time, before Chris Martin was brought on for his debut 14 minutes from the end at the expense of Floyd Ayite. But whatever the coach tried, nothing worked.

Fulham, who slipped to sixth in the Championship table, will go into tonight’s home game against newly-promoted Burton Albion without centre-back Michael Miad, who is suspended after receiving two yellow cards, followed by red, in Saturday’s (back)

After clipping Che Adams to concede the first penalty, which Button saved low to his left, Madl was sold short by a poor pass from acest defender Tomas Kalas, which left him with little choice but to go for his red card and deny City a clear goalscoring opportunity just before half-time.

It could have been worse for Whites and Madl, who was fortunate not to score another penalty when he appeared to shove Donaldson to the ground.

Malone could have equalised for City from Kalas restricted the visitors’ winning margin, although Scott Malone could have equalised when he cleared off the line at the Hammersmith end.

“It’s a difficult period,” said Jokanović. “We couldn’t find the answers today. We have to keep believing and that is a mistake in the future. We haven’t taken any points. We expected this to happen one day. Always when this happens you are not satisfied and unhappy.”

“It is simple. We didn’t do our job today,” he added. “We haven’t created enough chances and the result is completely below-par.”

Fulham can have no complaints about the result. A succession of fouls by Button and a headed goal-line clearance from Kalas restricted the visitors’ scoring opportunities, while Scott Malone could have equalised when he cleared off the line at the Hammersmith end.

Tony McDonald