Showing racism red card

BY TOBY PORTER

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Fans have been hearing from footballers and coaches about how important it is to report racist bullying or bigotry.

Show Racism the Red Card and the QPR Foundation have kick-started their Stop the Hate Campaign across schools in Hammersmith and Fulham. The project is being funded by Hammersmith and Fulham council and is supported by the local branch of the National Union of Teachers.

SRRFC educators Francis Duku, Lionel Morgan and Clint Easton delivered workshops to the Year 3, 4 and 6 students of Wendell Park School. They were also joined by QPR Foundation coaches Tom Charles and Arran Wilding who led the fun fitness sessions with the young people.

The workshops included activities and discussions about Racism; the definition, stereotypes and terminology. Students discussed what they would do if they were ever a victim of racism or ever witnessed a racist incident.

A Year 6 student said: “I don’t understand why people would want to be horrible and say racist stuff to people. If I was there I would tell my teacher or my mum.”

The educators delved further and explained to the students that they are protected by law if they were ever a victim of racism and that they should never ignore it, which linked into the second half of the workshops where students learned about the topic of hate crime – what it is and who it affects. The protected characteristics, these were identified defined by the students with help of the educators.

Tom Charles and Arran Wilding kept the theme of the day running throughout their fitness sessions – ensuring that students were listening to instructions, respecting each other and working together as a team during the activities.

Teachers from the school listened with interest to what the students know and have heard around the topic of racism.

One said: “I like the way the educators explained why we don’t use certain words to describe people’s skin colour any more to the students, it was shocking to me that unacceptable words that were around when I was young are still being used now and the students are just using them without realising the impact.

“Over all I felt that the day was very informative and beneficial for the students and staff as well.”

The partnership will continue throughout the school year across the Hammersmith and Fulham area.
Learn about how trees are the lungs of the city

BY TOBY PORTER
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Some of London’s most famous flora will become points of pilgrimage during London Tree Week which will be running all week in Potters Field Park near City Hall. On topics ranging from Treelaxation to Poetrees.

Young people have the chance to study tree bark and the mixture of creatures that live inside at the Greenwich Peninsula Ecology Park on Wednesday, May 31.

There will also be a guided pond dipping and bug hunting experience.

Highlights include a London Tree Week bat tour at Sydenham Wells park in South London on Saturday, May 27 – including special detectors to help identify the sounds of the many bats that are nestling around the trees.

Londoners are also encouraged to share their photos of their favourite trees on Twitter and Instagram using #LondonTreeWeek.

“London Tree Week is the perfect opportunity to celebrate how important trees and woods are, for everyone.

“Trees make our world a better place to live – they clean the air, they provide shade, they offer a place for recreation. There should be more of them on our streets, and the ones we have need better protection.”

Full listings, including details of how to attend can be found at w w w . l o n d o n . g o v . u k/ londontreeweek

Watch out for essential works

Engineers have started work on the second phase of an essential gas mains replacement project in one of London’s busiest roads.

Work to replace ageing metal gas mains with new pipes got underway in Fulham Road this week and is currently scheduled for completion in September.

To ensure engineers can carry out the work safely and efficiently the following traffic management will be needed:

- The temporary road closure of Fulham Road will be between Beaufort Street and Gunter Grove during certain periods of the work.
- Temporary traffic signals will also be in place to minimise the time and extent of the lane closure.
- Fulham Road is also closed until mid-July at the junction of Fulham Road with access and egress via King’s Road with a signed diversion route along Edith Grove and Gunter Grove.

Project manager Stuart Donaldson said: “The pipes under the Fulham Road have been providing gas to Londoners for more than a century. Like other London infrastructure, they need work to replace and upgrade them.

“Our programme will require the amount of repair work on our network along with the congestion this can sometimes cause.

“It will also help ensure we continue to provide homes and businesses with safe and reliable energy and support London’s economic growth.

“The gas mains being replaced are more than one metre in diameter and technology will be used to insert the new pipes into these old mains wherever possible.

“This will reduce the need for closing streets and allow the work to be carried out faster.”

Making people dementia aware

A free awareness workshop will give people a better understanding about dementia.

People living in Hammersmith and Fulham are being invited to attend a free awareness workshop on May 15 at 1pm by provider of personal care in the home, Bluebird Care.

It is hosting the event – where lunch is provided – as part of national Dementia Awareness Week along with the Alzheimer’s Society.

Managing Director of Bluebird Hammersmith and Fulham, Soheila Amin, said: “One in four people will be affected by dementia in their lifetimes, which is why it’s important to work with individuals and their families to try and make life much easier for those who have it.

“With the specialist services we provide at Bluebird Care, awareness sessions are determined to do just that with this free public event as part of national Dementia Awareness Week.

“The Bluebird Care team want to meet as many people as possible and make them aware of dementia and how we as a community support those who live with it.

For more information call Bluebird Care on 02087433508, email fulham@bluebirdcare.co.uk or visit www.bluebirdcare.co.uk/hammersmith-fulham

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Former toiletries shop is home to area's budding young artists

BY TOBY PORTER
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Up to 15 artists are getting the chance to draw inspiration by working in a mall and the opportunity to show off their work to shoppers. A former toiletries shop in Kings Mall, Hammersmith, is currently home to six artists, working there under the banner of the KM Residency, without having to pay up to £250 a week in studio fees.

The collaboration between Hammersmith & Fulham council and King’s Mall owners Schroders has seen the vacant space handed over to young artists to enable them to create their work without the expense of studio fees.

This will culminate in an exhibition with open studios from Thursday, in partnership with the Hammersmith London Business Improvement District.

The studio will remain a creative space for as long as the retail unit is vacant: creating both a community benefit, and a local attraction, from a temporary disadvantage.

Hannah Bays, who finished studying art in 2015, is a young artist who has been given an opportunity which might not have been possible without KM Residency. “Realistically, getting a studio is very expensive,” she said. “With rent and studio fees, you’re looking at £250 a week – which on an artist’s income just isn’t possible.

“It is a bit bizarre being in a shopping centre, but this is a great space, and a great size, too.

“I’m a bit of a sponge, creatively, so the ambiance of the place gets soaked up.”

KM Residency could hold as many as 15 artists, and Hammersmith & Fulham council has been contacting colleges around London to offer access to space – which is otherwise in short supply for young artists.

Georgia Kitty Harris, who went to school in Hammersmith and graduated from the Royal College of Art last year, is a great example of how the creative process is influenced by environment.

She has created a series of portraits of people who have passed by her window on the shopping centre; and called the collection Mall Rats – after the 1995 Kevin Smith movie.

People wander in – often out of curiosity – and she asks for a picture, which she then spends about 45 minutes recreating in portrait form.

She has a whole book of Mall Rats. “I didn’t have the studio space at all” said Georgia. “I’ve always had to pack my stuff back into a bag, and this is the first time I’ve been able to have my own creative space,” she said.

KM Residency is open now in King’s Mall Shopping Centre for inquisitive passers by, and the exhibition of artists work will open there on 11 May.

Dinosaur trail aims to get our kids walking

Walking around the borough is set to become more exciting during May as children and families follow the Dinosaur Discovery Trail and search for dinosaurs hidden at a variety of locations. Dinosaur characters to look out for include a cycle-mad velociraptor, a speeding tyrannosaurus and a plodding pediplodocus.

People who find all 31 dinosaurs are in with a chance of winning a cooter, and those that find at least five dinosaurs have a chance of winning a goodie bag.

The fun initiative aimed at encouraging residents, young and old, to feel healthier and happier by walking, takes place during National Walking Month, a nationwide campaign running throughout May.

It also includes Walk to School Week, which takes place next week.

The campaign is organised by the charity Living Streets, which estimates that currently less than half of schoolchildren make the journey to school on foot.

In addition to searching for dinosaurs, families can also take part in a series of free marshal-led cycle rides around the borough on the next three Saturdays and the last Wednesday in May.

For more information on the dinosaur trail and details of the bike rides go to www.rbkc.gov.uk/dinosaurdiscoverytrail.
Get ready for lots of laughs at Shepherd’s Bush comedy festival

Hammersmith & Fulham council – in partnership with the Bush Theatre and PBJ Management – is launching a new summer comedy festival in Shepherd’s Bush.

The four-day festival of comedy will see fresh and exciting new work, award-winning comedians, music and workshops in the Uxbridge Road theatre and will feature some of the hottest and most surprising comedians in the UK.

The line-up includes comedians Nina Conti, Shaun Keaveny, Tim Key, Joseph Morpurgo, Geins Family Giftshop, Sunday Assembly, Bring Your Own Baby, Tom Allen, Spencer Jones and Standard Guilty Feminist.

“The Bush Theatre is delighted to be supporting the borough’s first comedy festival,” says Jon Gilchrist, executive director of the Bush Theatre.

“We’re excited to continue our mission of supporting new writing in all its forms. We also hope the festival will encourage Shepherds Bush residents who haven’t visited the theatre before to try it for the first time.”

In mid-March the Bush Theatre burst into life again with a full programme in the main 180-seat theatre and a new-look studio.

The year-long revamp was made possible by £1m of funding from Hammersmith and Fulham council – as well as £2.5m from Arts Council England and donations from generous individuals, trusts and foundations.

The summer comedy festival is also supported by Shepherd’s Bush Housing Group, Westfield, Dorsett Hotel and U+I PLC.

For more details, times and tickets, visit: www.bushtheatre.co.uk or call 020 8743 5050.
West London one of busiest areas for air ambulance staff

BY TOBY PORTER
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A new report by an air ambulance charity highlights which residents are most likely to need emergency help.

London’s air ambulance’s 2016 statistics show while West London was one of the busiest areas for accidents, residents in Kensington and Chelsea and Hammersmith and Fulham were half as likely to need emergency support than neighbours in Westminster.

The charity provides 24-hour emergency services to critically injured people across the capital.

It treated 40 patients in Kensington and Chelsea and 41 in Hammersmith and Fulham last year.

Westminster was the 2016 borough with most accidents with 123 patients needing emergency care.

The report includes a breakdown that shows the most common type of accidents were road and traffic collisions which amount to 33 per cent of the incidents and 600 patients.

Stabbings and shootings were the second biggest cause and the charity treated 500 people for these injuries in 2016.

Jonathan Jenkins, CEO of the London’s Air Ambulance charity, said: “The charity is here to serve everyone in London at all times. “Trauma is the biggest killer of people under the age of 45, including children, and can sadly happen to anyone, anywhere.”

“By releasing these statistics we are hoping raise awareness of the vital work that we do to treat the critically injured, and increase awareness that we are a charity. With two helicopters to maintain, and the extension of our daylight flying hours in the summer months, the cost of providing our service to London has increased to £8.7 million each year.

“Donations are needed now more than ever and I am urging people to please continue to support the charity. “Your help – whether that’s donating, volunteering, taking part in an event or asking the organisation you work for to support us – really does make a difference.”

Midwives get ready for three peaks challenge

From Left, walkers Stefania Stossich, Lara Wells, Heather Liggins, Sydney Huggins and Alison Brown are taking on the three peaks challenge
in my view
Denise Bedell
Greater London Federation of Small Businesses

With the general election dominating the headlines at the moment it is easy to forget the everyday battles going on in your local high street. These battles are fought daily by many small businesses across the capital just to stay afloat.

As the cost of doing business in the capital continues to rise, many small business owners are questioning whether it’s actually worth their trouble.

One of the biggest headaches at the moment is business rates. The average micro business in London is having to find thousands of pounds a month extra to cover swinging increases in business rates as the revaluation takes effect this month.

When the full situation was revealed a few weeks ago, we saw a massive increase in the number of calls from FSB members from every part of the capital. The calls we were receiving were often angry, sometimes heart-breaking. Some long-established family businesses were facing the very real prospect of losing everything. This is why the FSB has been lobbying the Government to understand the plight of small and micro businesses, especially in the capital. We gathered evidence, wrote to MPs and local councillors, made comments to the media and put together some practical guidance to help those businesses facing significant financial hardship.

Our lobbying has paid off and helped a lot of businesses across the UK, but much of the support hasn’t gone far enough for many in London. The £300 million hardship fund set up to help those businesses most badly affected is welcome, but even though the capital will get the lion’s share it simply isn’t enough.

Wandsworth, Merton, Greenwich, Lewisham, Southwark and Lambeth are expected to receive around £18m from the £300m government fund – however, the average rateable value for businesses within these six boroughs averages out as a 25 per cent increase – so the concern is that the funding will just not stretch very far.

The new £12,000 small business rates relief threshold works well for many parts of the country, but in London, very few businesses are eligible. If it is to remain a truly unique and wonderful place to live, work and visit, we must protect our smallest businesses. They are what make London special. They provide the glue that holds our communities together, the jobs and the creative spark.

Too many independent businesses have already left central London. Without them, our beloved capital could simply become another clone town, with the same big chains on every high street.

If you want your local area to thrive, then make sure you spend some of your hard-earned cash in your small shops, and with local craftsmen and suppliers. And if you would be politicians come canvassing for your vote on June 8, ask them what they will be doing to support the small businesses if elected.

Join us in promoting world peace

It does not matter which religion, ethnicity or background one comes from, there is one desire that continues to reside in one’s heart.

That yearning is to see a world full of peace, harmony and unity.

People from all walks of life, backgrounds, ethnicities and faiths need to join hands together, to achieve this noble goal. Let’s sit together under one roof and share a meal together. We have much more in common than what divides us. Let’s highlight those commonalities.

Let’s break the ice and set about the task of uniting all, our large and small, our Muslim and non-Muslim, our Hindus and non-Hindus, our Jews and non-Jews, our Sikhs and non-Sikhs, our Christians and non-Christians. It is with this very objective in mind that Ahmadiyya Muslim Community, under the leadership of its leadership of its Worldwide Head and Caliph, His Holiness Hazrat Mirza Masroor Ahmad, organises such an event.

The events aim to bring communities together with the spirit of co-operation and working for the betterment of our societies.

As part of its on-going campaign of uniting all, a large interfaith event in Kensington Conference Centre titled ‘Religion: The Cause of Unity or Division?’ is being organised by the Ahmadiyya Muslim Community UK.

Topic of discussion is religion: The cause of unity or division?

Speakers from various faiths and backgrounds will be talking on the topic from their respective perspectives.

Confirmed speakers include Karen Armstrong, Ibrahim Ikhlaif, Baba Harij Singh and Dr Thomas Schirrmacher.

Attendees of the conference will have the chance to ask questions at the end of their speeches. No gathering is complete without a delicious meal and this event will be no different.

At a time of ever increasing conflict in the world, we have to emphasise the principles that all forms of evil and cruelty should be suppressed and all forms of goodness and humanity be endorsed.

In this way, evil will not spread far, whilst virtue and peace will be spread far and wide to adorn our society.

Let’s all, through this campaign of peace, unite together in creating peace and prosperity in the society for everyone.

Please visit www.true-islam.uk to register for the event. Entry is free through invite. You can contact me by email on bilalmahmood@true-islam.uk, if interested to attend this event.

Bilal Mahmood
Deputy director, Outreach
Ahmadiyya Muslim Youth

Let’s break down taboos over cancer

A few weeks ago I turned 57, placing me firmly in two risk categories for prostate cancer. I’ve recently started working with Prostate Cancer UK and I’ve come to learn that as a black man over 50, my risk of the disease is double that of a white man the same age.

One in four black men will be diagnosed with prostate cancer in their lifetime compared to one in eight white men.

But despite the shocking odds, I find it more concern-
A London icon turned yellow to launch a “mayday” for the crews who saved the lives of 32 from the River Thames in the past year.

The London Eye was lit up in bright yellow on Bank Holiday Monday to support the Royal National Lifeboat Institution (RNLI) fundraiser to buy the volunteer crew members’ distinctive uniform of the same colour.

It was in line with the RNLI Mayday campaign to raise awareness and funds for the RNLI this Mayday.

On Wednesday, May 31, the UK Parliament will take part in the first ever London History Day, with a series of events on the theme 1,000 years of history...where history is still being written.

Visitors will have the chance to discover more about the Elizabeth Tower by one of the clockmakers. Families visiting with children can take one of the London History-themed family tours around Parliament.

A wider audience can have a look at rarely seen London-themed objects in Parliament’s Heritage Collections on social media throughout the day.

Objects which will be highlighted include the Ceremonial Silver Trowel used to lay the first stone of the Elizabeth Tower, and photographs of the damage caused by air raids on the Houses of Parliament during the Blitz.

Amy Pitts, head of visitor services and retail at UK Parliament, said: “We are delighted to support this year’s Mayday campaign by turning the Coca-Cola London Eye yellow.

“Helping to raise awareness and funds for the RNLI’s crucial kit is a worthy cause, and one that is particularly appropriate for us given our location on the bank of the River Thames in the heart of the capital.”

The RNLI is ready to come to the rescue around the clock, 365 days a year and has 4,800 volunteer crew members on standby to serve from 238 lifeboat stations across the UK and Ireland.

Visit RNLI.org/Mayday to download a fundraising pack to support the campaign.

**Knife crime focus turns to schools**

Schools and habitual knife carriers will be the focus during Phase Eight of Operation Sceptre, the Metropolitan Police Service’s latest crackdown on knife crime.

This week will see dedicated Safer Schools Officers working directly with young people as a way of diverting them from knife crime. Officers will also be carrying out intense weapon sweeps and intelligence-led policing operations to confiscate knives and tackle those wanted in connection with knife-related offences and violent crime.

The Met continues to receive strong support from communities across London who want to work together to end these crimes. Although this work goes on all year round, Operation Sceptre gives complete focus to knife crime, especially as it is expected to see a seasonal rise in the summer months.

Over 900 activities are planned in London to raise awareness of the dangers and the potentially devastating consequences of carrying a knife. In the last 12 months, officers have been delivering educational packages and have so far reached more than 14,000 young people in the capital. The packages aim to encourage young people to think about the decision they make and the possible consequences of their actions.

Detective Superintendent Michael Gallagher, the Met’s Silver Lead for knife crime, said: “This operation carries a positive and powerful message: this is about all of us addressing a problem that often has tragic consequences.

This behaviour is damaging our communities; there is no excuse, people are better than this and our communities are better than this.

“I would urge anyone who is concerned for someone involved in knife crime, to visit our website at www.met.police.uk/StopKnifeCrime. Across London there are number of excellent diversionary programmes that are bespoke to the needs of Londoners. This is clearly a safeguarding issue for the people who do, and would, carry knives and victims of knife crime.

“A collaborative and cohesive approach between statutory agencies, non-governmental organisations and communities is the only solution to achieving a long term reduction in this type of offending, underpinned by a strong academic evidence base and effective police enforcement.”

For a map showing knife bins locations see www.met.police.uk/StopKnifeCrime. If you have information about anyone carrying or using knives please contact your local police via 101 or call Crimestoppers anonymously on 0800 555 111.
Kids helping win food waste war

Campaigning kids from Hammersmith and Fulham are leading the charge in the war to reduce food waste.

Four hundred youngsters aged from five to 12 from Old Oak Primary School & Community Centre in East Acton, pictured, are selling surplus food from supermarkets to local residents and in the school playground.

The enterprise, called Bubble & Squeak, focuses on promoting healthy eating by collecting leftover fruit and vegetables from supermarkets and local businesses and selling it on on a pay-as-you-feel basis.

“Our project is important because it teaches us that it is bad to throw away food that is good to eat,” said nine-year-old Adam Jusko, of Bubble & Squeak.

“We sometimes throw things away which have small marks. This isn’t good. This project helps me to think about my future.”

Bubble & Squeak works with other local initiatives such as City Harvest and Plan 2 Heroes who redistribute surplus food collected from supermarkets, markets and other outlets.

The project launched a crowdfunding campaign on April 24 to raise £4,500 to buy a specialist shipping container to store all the food — something which has been a major hurdle for the youngsters so far.

The forward-thinking young entrepreneurs hope their scheme will get the local community all thinking about what food they’re throwing away, often unnecessarily. Helping the children are adult co-ordinators Lydia Gandaa and Elly Harrington.

“The children live in a very diverse area in West London and are in the top 10 per cent of deprivation in the capital,” said Lydia.

“They are a driving force, are passionate and really understanding the impact their work will have on the immediate world around them, and they instinctively get the concept of the sharing economy and want to be responsible for their future.”

Sir Emery’s house reopens

After an 18-month restoration, the nation’s most perfectly preserved Arts & Crafts house has reopened — to great enthusiasm.

Sir Emery Walker’s home at 7 Hammersmith Terrace now has a new roof to ensure that items including William Morris’s library chair can be seen by future generations.

More than £1 million has been spent restoring the house, where the typographer and close friend of Morris lived from 1903 to 1933.

The cost of the restoration work has been met by the Heritage Lottery Fund via the Arts & Crafts Hammersmith project, working with the William Morris Society.

The building reopened on Thursday, April 20 with a Morris patterned ribbon being cut. Groups of visitors began making their way round the beautiful interiors.

One of the first through the door, Jill Rathbone, of Fulham, was pleased to find that the restoration had not altered any of the original features. “I really enjoyed the fact that it was a home and that someone lived in it; it looks like time has stood still, and I’m glad that it has not undergone a make-over,” she said.

Around 6,000 individual items were removed to be catalogued and conserved while the restoration crew were at work.

Everything is now back in place, just as it looked at the time of Sir Emery’s death.

The building is not just a superb example of Arts & Crafts styling, but is also an in-situ exhibition space for William Morris wallpaper, textiles and embroidery.

Prized items include Morris’s library chair (dating from the 1590s), a styled portrait of May Morris by Edward Burne-Jones, and ceramics by William de Morgan.

But there are also quirkier items, including a mould of Philip Webb’s ears, and a lock of Morris’s hair, snipped on his deathbed.

The building is rich in history as it was where leading members of the Arts & Craft movement gathered. Guided tours of Emery Walker’s House at 7 Hammersmith Terrace are held three times a day (11am, 1pm and 3pm) on Thursdays and Saturdays, with numbers limited to eight per tour, so prebooking via the website is essential.

● Book online at www.artsandcraftshammersmith.org.uk/events. For more details, www.emerywalker.org.uk carries full information about the building, its inhabitants and history.

New sexual health services open

A range of new sexual and reproductive health services have opened to Hammersmith & Fulham residents this spring.

Among the available suite of services are complementary therapies, peer support, education and employment opportunities and counselling and aims to reach those not currently using the service.

There will also be screening for sexually transmitted infections (STIs) and access to a wide range of contraceptive methods.

The new service is delivered by joint working from Metro, Naz, Marie Stopes and London Friend, led by Turning Point.

Residents using the service will receive tailored support with options including peer support, group work, support for family and carers and complementary therapies.

The new service will have close links with HIV treatment services and offer additional education and employment support.

Counselling, complementary therapies and more will be available at 30 Blackio Road, Hammersmith, W6 8DT.

To get in touch, call 020 7851 2955, or visit the website.

Contraceptive services and screening for sexually transmitted infections will be available from June 1 at Crowther Market, North End Road, Fulham.

● For more information and alternative locations, email sexualhealth.cnwl@nhs.net, phone 020 7685 5938, or visit the website.
Can you help foodbank?

Hammersmith & Fulham foodbank is working harder than ever after an almost 40 per cent increase in the number of local people in need.

More than 6,040 packages containing food and other essentials were handed out between March last year and this April – up on 4,400 the previous year.

The charity, which receives funding from Hammersmith and Fulham council, provides packages which last for three days at a time. Among those in need, 1,750 children relied on the packages, not included those fed during the charity’s school holiday clubs.

Hammersmith and Fulham residents have risen to the challenge – 46 tonnes of food were donated and more than 100 people volunteered during the last financial year. Local schools, businesses, and faith groups have also provided vital support.

But more support is needed, as these latest figures show.

“Anybody could find themselves in need of a foodbank. Every week people are referred to us after being hit by something unavoidable – such as illness, a delay in benefit payment or an unexpected bill – which means food is simply unaffordable.

“It really is only with the community’s support that we’re able to provide vital emergency help.

“Thank you so much to everybody who already donates time, food and money to help local people.

“If you’re not already involved, we’d love to hear from you.”

You can help in a range of ways by:

- Donating food and other essentials such as washing powder, nappies and sanitary towels.
- Donating money to help the charity meet costs such as hiring warehouse space, sorting donations, running a delivery van and paying bills.
- Volunteering for a range of roles such as sorting stock, issuing vouchers, helping out at the foodbank centre and helping run the charity’s website.
- Backing the charity with your business, including sponsoring or donating equipment, helping out as a team building day and sharing your skills.
- The rise in the need for foodbanks is a national trend as the latest figures from the Trussell Trust show. Visit Hammersmith and Fulham Foodbank’s website to find out more about their work and the food and essentials they are most in need of.

“With only weeks to go until the General Election it’s time to make sure you are registered to vote,” said Sue Harris, the council’s director for cleaner, greener and cultural services.

“Don’t miss out on your vote. It only takes a couple of days for your application to be processed means that it might take a few days for your application to be checked – so don’t delay.

- Register today at www.gov.uk/register-to-vote. For more details, visit www.gov.uk/voteregister or the council’s website.

Figuress show council’s streets are getting cleaner by the year

“Don’t miss out on your vote.
The Migration Museum in The Workshop, a temporary arts and community space just off Albert Embankment, opened last week. Left, Mo Farah and below, Rita Ora, two of the UK’s biggest immigrant stars of today

Pictures: PA

Museum shows how Britain was shaped by its migrants

BY TOBY PORTER

The Mini, the Muppets, Mo Farah, Marxism and the Messiah – the oratorio, not the savour of the world.

These are all things which would not be part of British life without immigrants to London. So it’s hard to imagine how different life would be without any of them.

That’s one of the reasons for the creation of the Migration Museum in The Workshop, a temporary arts and community space just off Albert Embankment, which opened last week.

The museum shows how our history has been shaped by people coming to live here from overseas.

It will stage exhibitions and events telling stories of movement to and from Britain – its touring shows have already been seen by more than 100,000 people.

Among the items on display are life jackets given to desperate refugees from the Middle East. They are porous and instead of saving the wearer if their boat sinks, it will drag them under the surface of the sea to their deaths.

The museum was the brainchild of immigration minister Barbara Roche. In the year 2000. It was taken up by Robert Winder – former literary editor of the Independent and author of Bloody Foreigners: The Story of Immigration to Britain – and then by Sophie Henderson, who has since become the museum’s director. But it wasn’t until three years ago that it received enough funding, after staging events, exhibitions and school workshops, from a string of supportive trusts and foundations plus individuals and the Arts Council of Great Britain.

And this is the most permanent location it has yet found – it will be there for another year.

“It is a majestic space in an interesting area which is very central,” said Henderson. “We hope this is the beginning of a permanent presence in London. It is an important enough story to merit that.”

“It is a look behind the headlines and the soundbites, to the humanity in everyone who is affected. We want to reflect a broad range of opinions, rather than the crude representations we tend to get from politicians and the media. We want it to be a calm cultural space which is interesting, provocative, illuminating and relevant about this long-standing story.”

“We want to encourage more reasoned conversations about the issue to take place outside the heat of the public debate and provide a historical context with some balance and information.”

“It has been eye-opening putting on the exhibitions, because there are so many new stories to be told. Lambeth itself has a fantastic history of people moving in – from the Norman king who commissioned Lambeth Palace.”

“Everyone has an immigration story, if they dig back far enough – and if it is not immigration, it is emigrants leaving Britain.”

“The way attitudes are changing so rapidly these days, as people struggle to know what they feel about it, underlines why we need a museum more than ever.”

“Our audio display includes contributions from Nigel Farage and a lorry driver who found it hard to return to Britain because of tear gas at the port.”

“Schools welcome debates on controversial topics and children want to talk about them.”

“The history curriculum was revised two years ago and now focuses more on chronology and two boards have modules on migration, so that ties in with what we are doing.”

Some of the shows at the museum include:

● Germans in Britain covers everyone from the Anglo-Saxons, to the Hanovarians, to the Queen’s family, the House of Saxe-Coburg and Gotha

● One Hundred Images of Migration, a display of pictures which change regularly

● 100 images of migration, a collection of images by professional and amateur photographers about what immigration means to them

● Call Me By My Name: Stories from Calais and Beyond is a multimedia exhibition exploring the complexity and human stories behind the current migration crisis, especially centred on the now demolished Calais camp, the Jungle.

● Keepsakes, a display of personal items that tell stories about the importance of objects brought from a migrant’s homeland to help with the transition, and handed down through the generations.

● In the autumn, an exhibition looks at key migration moments throughout British history – No Turning Back: Seven Migration Moments that Changed Britain. The Migration Museum will also host theatre performances, panel discussions, food pop-ups, lectures and workshops on migration themes for school, college and university students.

Welcome

● M.I.A. – English-born singer. Part of a young Senegalese refugee family

● Rachel Weisz – actress. Both her parents are Jewish refugees

● Joseph Conrad – author of Heart of Darkness and a refugee.

● Hans Hollein – Henry VIII’s court painter and the first genuine genius of British art, who was born and later returned to Switzerland

● Handel – German composer of the Messiah

● Duke of Edinburgh – aka Phil the Greek

● Zaha Hadid, architect of the Aquatic Centre at the 2012 London Olympics, she was born in Baghdad, Iraq, in 1950 and moved to London to study

● Mary Wollstonecraft’s frank family memoir about life in China, Wild Swans, has sold more than 13 million copies around the world, but is banned there. The 63-year-old writer has lived in Britain since 1978

● Kazuo Ishiguro’s 1989 novel about an English butler, The Remains of the Day, won the Booker Prize

● Television presenter Ulrika Jonsson was born in Sweden in 1967

● Lucien Freud – British painter, was a German-Jewish refugee

All right, then

● Media mogul Sir Lew Grade was born Lew Winogradsky into a poor Jewish family in Ukraine in 1906. They fled to escape the pogroms in 1912 and ended up living in the East End of London. He brought the Muppets, The Prisoner, The Saint and The Avengers to British TV, as well as Crossroads and Raise the Titanic.

Unwelcome

● Karl Marx

● Robert Maxwell, born Jan Ludvik Hoch in Czechoslovakia

● William the Conqueror – the clue’s in the name

Roll out the red carpet

● Rita Ora – singer. Came to UK from Kosovo in 1991.

● Mo Farah, 32, was born in Somalia and moved to Britain at the age of eight. He won two gold medals for his adopted country in the 5,000 and 10,000 metre races in the 2012 Olympics.

● Sir Alex Issigonis (1906-1988), the designer of the Mini and the Morris Minor, was born into the Greek community in Turkey. He moved to the UK in 1923 and studied engineering at Battersea Polytechnic.

● Ben Elton – comedian, author and grand-son of a Czechoslovakian refugee.

Media Centre

The Migration Museum
The Workshop
Albert Embankment
London SW8 1EF

020 7161 1818
museum@migrationmuseum.org.uk
www.migrationmuseum.org.uk

Opening Times

Daily
10.00 – 17.00

Admission

Children under 10 FREE

Adults £5

Students and Seniors £4

Group rates apply

Further education students FREE

Groups must book in advance

For further information contact

020 7161 1818

www.migrationmuseum.org.uk

External photographs

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www.stevetownsend.com

www.migrationmuseum.org.uk
One of the largest further education colleges in England has seen a spectacular turn-around in its performance – and that’s official.

Ealing Hammersmith and West London College has been awarded a good rating by Ofsted less than 18 months after it was put into special measures after being rated as inadequate.

Since 2014, there has been a 17.3 per cent increase in students’ English and maths achievement, and a 12 per cent rise in achievement across all subjects.

Ofsted said its leaders had successfully reversed the decline in standards, and that the college’s chief executive officer had been “instrumental in driving the substantial improvements to the quality of the provision and in the college’s finances”.

He had also helped ensure a “secure and sustainable future for the college.”

The report said: “Teachers have high expectations of their learners. Learners work hard towards vocational qualifications knowing what grades they are expected to achieve, and are making good progress and are enthusiastic about achieving their qualifications.”

“Teachers ensure that learners benefit from purposeful work-related learning, including work experience in a range of relevant employment sectors. Work experience is well planned and organised, especially for learners on study programmes.”

“Learners talk confidently about the skills they have developed in particular, working in a team, using their own initiative and the application of their learning in college to the workplace.”

The report also noted:
● Investment in improving teachers’ teaching and learning skills which had directly led to improved teaching and learning, and better outcomes.
● The college is now the “strategic partner of choice for significant business and community projects in London”.
● Leaders, managers and governors are highly ambitious for the college and have a clear and well-explained vision, a consistent expectation of high standards and a relentless focus on improvement.

● The college’s former pupils include inventor Trevor Baylis, comedian Marcus Brigstocke, singers Estelle and Shola Amo, film director Steve McQueen and former chairman of the Professional Footballers’ Association Clarke Carlisle.

College chief executive Garry Phillips said: “I am incredibly proud of what the team and the students have achieved.

“We knew that the only way to transform the college quickly would be to have an unwavering focus on improving outcomes for students. We have, therefore, focused on providing courses which lead directly to employment or progression into further learning. We also created a strong working culture for staff at the college, training and incentivising staff and providing them with an environment where they can develop engaging learning materials.”

“This inspection result is a testament to the staff’s dedication, professionalism, passion and ambition.”

The college also recently received a financial clean bill of health from the Education and Skills Funding Agency, after saving more than £20 million, four years after it received an inadequate financial health grade in 2013.

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We don’t talk any more. I’m sure that is a line out of a Barry Manilow song or possibly even Barbara Streisand, both singers which I love and am proud to admit it.

However, it seems very apt nowadays when it really is a case of ‘we don’t talk anymore,’ and I don’t mean those loved up in a relationship. I mean among ourselves, to our neighbours, to our friends, to acquaintances or people we do business with on a daily basis.

We just don’t talk much – or as much as we used to. What we do is text or WhatsApp, people are becoming less used to having conversations or just meeting and talking face to face.

I blame mobile phones and computers, both of which are great inventions and yes, we need to move with the times especially around this more, technological society that we have become, but at what cost?

I remember being younger and the one phone in the house was in the corridor.

I would ask my mother permission if I could use it and I would often of an evening call a friend, even if I had seen her at school that day and we would still chat, sometimes for about an hour.

We would put the world to rights, laugh, motivate each other, talk about our dreams and aspirations and above all discuss any problems we may be having.

Often I would, with my mother, pop and visit an auntie or a family friend – usually on a Sunday afternoon to sit down to a nice cup of tea and catch up with what had happened the previous week.

It was a way for the mothers to catch up, offload, share their woes and problems and by the time the visit had ended everyone felt so much better, ready to start the new week ahead.

It was a form of therapy, especially for women, it really was important to share quality time with relatives or people you were friends with.

Now life has become so busy, we have little time to visit family and friends, and unless there is an event, people don’t tend to just ‘pop round’ for a cup of tea and a chat.

Now we have Skype so sometimes it isn’t even the need to leave your house to connect with friends and family, but is it the same as being in the same room as each other and properly connecting?

Today, there is more stress and more anxiety, people are suffering from depression and the use of therapists has increased.

It’s because ‘we don’t talk anymore’. Friends were a way of offloading our problems, too – popping over for a cup of tea and a slice of cake was the excuse.

Postal and written communication is changing so much as well and at a very fast pace.

I remember when there were two postal deliveries, one in the morning and one in the afternoon, to keep up with the amount of letters that were being sent.

We would write long letters to people, cards, notes, we would make a point to keep in touch.

Yes of course, there was all the bills and the junk mail that came with it.

Now, with computers and our need of saving paper, we can easily drop an email which is delivered instantly, a reply to the message can be received within minutes. Now we get stressed if we don’t reply immediately.

The same goes for work and the use of emails as instant replies and with smartphones we can be contactable at any minute of the day or night.

We chose to be connected because we want to be connected, we want to be on top of things, we want to hear the news immediately it comes in, we want to be contacted if there is a problem that needs immediate attention.

In fact, even if it does, we will respond the second we receive the email because that is the way we are all working now and are all connecting.

But doesn’t it add its own stresses?

We more or less have our life all electronically wrapped up inside the small gadget the size of our palm.

We have all our contacts, we have our diaries, we have all our photos, music and films, our connections on to the internet, our connections on all our social media links, WhatsApp, Twitter, LinkedIn and Facebook and the rest I don’t know about.

It’s there all there, in this small gadget – the thing that is controlling our lives and we cannot live without.

We are constantly checking for new messages and if we leave home without it, we cannot function.

We cannot get through an hour without being connected to our mobile phones and I am starting to resent the fact that I am a slave to the phone and to the internet. I obsessively look at my screen just waiting for a text, a WhatsApp message, mail or a twitter acknowledgement to come through. What a waste of time.

What would happen if everyone in the UK turned the clocks back to the 1980s and locked their phones and their computers away in a cupboard for a week?

The idea sounds mad and would never in a billion years work, but imagine, what if? Perhaps that might cure the problem of ‘We don’t talk anymore’.

Well, I might just try it for a week and see whether I could do it and see how it would feel.

Would it feel liberating or would it be a total nightmare?

Who’s with me then?

If we start small we can only grow and you never know, there might be other people that are thinking just like me, but I will have to get the message out somehow and connect with them all via social media one last time before I do it.
A few years ago my breakfasts were very brown in colour, mostly consisting of toast with marmite or a wheat-based cereal with milk, sugar and a cup of tea. This might sound like a normal breakfast for many people, but knowing what I know now about nutrition, I have no idea how my body coped through breastfeeding my first child on this morning staple.

Maybe the spots and mouth ulcers I developed during this time were a clue I wasn’t getting the nutrients I needed.

Starting the day with a dry and carb-tastic breakfast did fill me up, but not for long. Processed carbohydrates in the form of bread and cereals are quickly broken down by the body into sugar. A sugar rush is followed by a crash, leaving you running on empty and starving way before lunch. Not only that, but most supermarket-bread and cereals are so processed there will be very little in the way of vitamins and minerals (the raw materials your body needs to function effectively) left in them. With high levels of sugar and salt added to create some flavour and various other questionable ingredients to keep these foods ‘fresher for longer’, what you are actually consuming is a delightful medley of non-food – as your first meal of the day.

If you are looking to optimising your health, my advice is to ditch the brown breakfasts and inject some colour.

Government research shows that increasing your intake of fruit and vegetables reduces your risk of chronic disease. As a nutritional therapist, I advise my clients to ‘eat the rainbow’ every day.

The reason why brightly coloured plant foods are SO good for you is because, in addition to vitamins and minerals, they contain compounds called phytonutrients. These give the plants their bright colour, whilst providing them with a protection system from environmental dangers such as UV rays and insect attack. When we consume these plants, the phytonutrients provide us with protection too. They are the anti-oxidants, anti-inflammatory, immune boosting compounds that protect us from chronic diseases like cancer and heart disease. Interestingly, the harder the plant has had to work to grow, the more phytonutrients it contains. So, plants that have been grown using pesticides to protect them from insects will have less phytonutrients than a hardy organic plant.

As my knowledge of nutrition has grown, so my breakfasts have brightened up considerably. These days, my vegetable consumption is no longer limited to lunch and dinner as I aim to ‘eat the rainbow’ at breakfast, too.

Eating a more balanced meal containing protein and fat as well as carbohydrates, easily keeps me going until lunch time. This is because it balances blood sugar, which is key to supporting the body through stress and weight loss as well as protecting us from chronic disease.

Eggs are a great way to start the day and I usually have one every morning. But it’s avocados that I really love, being so versatile they can be eaten savoury or sweet.

They are ridiculously anti-inflammatory (great for arthritis), high in heart-healthy mono-unsaturated fats (same fat found in olives), and they help balance blood sugar, too.

Catherine Arnold is a registered Nutritional Therapist who lives in Nunhead, South London. She supports people who are suffering with a variety of ailments such as infertility, IBS, digestive problems and cancer. She trained at the College of Naturopathic Medicine in London after discovering the power of nutrition when her partner successfully fought leukaemia aged 34. Catherine draws on her experience to support and promote well-being in others. She writes her own recipes and is a passionate foodie.

For more information about Catherine see www.catherinearnoldnutrition.com and email catherinearnoldnutrition@gmail.com.

For a mega dose of phytonutrients at breakfast, you could try this delicious Blueberry Avocado Superfood Mousse, which also provides you with protein, essential fats and an awesome boost of brain nourishing nutrients and antioxidants. It takes minutes to make, tastes amazing and you may even persuade the children to try it.

Blueberry Avocado Superfood Mousse

Ingredients:

2/3 cup frozen blueberries
1/2 ripe large avocado
1/3 ripe banana
Juice of half a lime
Splash of plant milk (almond, oat or coconut milk) to loosen mixture

Topping Suggestions:

Mixed seeds (pumpkin, linseeds, sunflower seeds)
Walnuts, almonds
Chia seeds
Toasted coconut flakes
Drizzle of raw honey or pomegranate molasses
Thin slices of avocado or papaya

Method:

In a good blender, blend avocado, blueberries, banana, lime, milk, salt and coconut oil until smooth, stir through the ground flax and serve with nuts, seeds, papaya and other topping as you like.
As Prince Philip announces his retirement from public engagement,

Clockwise from top left, Prince Philip opens the new Warner Stand at Lord’s Cricket Ground last week, leaving Westminster Abbey with Her Majesty The Queen after their wedding ceremony in 1947, the Coronation in 1953, the Duke being shown a demonstration of an A&E scenario at the opening of Paragon House at Thames Valley University, the night before the wedding, talking to Capt Peter Norton a bomb disposal serviceman, who was injured in Iraq in 2005, at the Royal Hospital in Chelsea and at Lord’s with former England Middlesex cricketers Mike Gatting and Angus Fraser Pictures: PA

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LONDON WEEKLY NEWS
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The Duke of Edinburgh will no longer carry out public engagements from the end of this summer, Buckingham Palace announced on Thursday.

The Palace said it was Prince Philip's decision, taken five weeks before his 96th birthday, with the support of the Queen.

The statement read:

"Prince Philip will attend previously scheduled engagements between now and August, both individually and accompanying The Queen.

"Thereafter, The Duke will not be accepting new invitations for visits and engagements, although he will no longer play an active role by attending engagements.

"Her Majesty will continue to carry out a full programme of official engagements with the support of members of the Royal Family."

Royal staff from across the country had been called to an emergency meeting at Buckingham Palace at 10am this morning.

Philip opened an new stand at Lord’s Cricket Ground on Wednesday and did not seem to be in failing health.

But he has decided the time has now come to step back from royal duties that can involve extensive travel.

His grandson, the Duke of Cambridge, has already announced he will be leaving his job as an air ambulance helicopter pilot to concentrate on his public role.

So it is likely he will be further supporting the Queen in her position as head of state now the Duke has retired from official engagements.

When the Duke turned 90, he stepped down as president or patron of more than a dozen organisations - but has still been involved with more than 800 charities or bodies.

Prince Philip carried out official meetings and visits on 110 days last year - almost one every three days.

His grandsons Prince William and Prince Harry completed 80 and 86 respectively, while the Duchess of Cambridge did 63 days.

The Queen, who celebrated her 91st birthday in April this year, undertook official duties on 80 days of the year.

Princess Anne topped the 2016 list of public engagements, with 179.

Prince Charles took part in 139, Prince Edward 118 and Prince Harry 86.
Creature Comforts

adoptapet

Battersea Dogs & Cats Home and the South London Press have teamed up to find new homes for some of the hundreds of animals at the pet shelter in Battersea Park Road.

The charity aims never to turn away a dog or cat in need of help. Lost dogs and cats are reunited with their owners and, where that is not possible, the shelter cares for them until homes can be found.

The rehoming fee is £135 for dogs and £75 for cats. This includes microchipping, initial vaccinations, flea and worming treatment, a collar, identification tag and lead, access to our behaviour advice line. The animal will be neutered and there will also be the option of signing up to four weeks’ free pet insurance and a starter pack of food, advice and special offers. A home visit may be required.

To find out more call 020 7627 9234, email rehoming@battersea.org.uk or visit www.battersea.org.uk

The retired nurse has donated her time to the charity in an attempt to help the animals.

I recently bought a puppy, but it died just a few weeks later and my family was devastated. Even though I thought I was careful, it turned out to be from a puppy farm and had loads of health issues. What are the signs I should look out for to avoid this? Alex

I am sorry to hear about your puppy. It must have been heart-breaking. One of the most important things to do before you buy a dog is download the free Puppy Contract and Puppy Information Pack (puppycontractrspca.org.uk). Supported by PDSA, veterinary organisations and other charities, these packs will help protect you against getting an unwell or illegally imported puppy, and instead make sure you get a dog that is healthy and happy.

My Yorkie Bella is two-and-a-half years old and my vet advised I get her spayed to protect from mastitis and possible cancers. But I’m worried about leaving her alone overnight, and that something might go wrong. How safe is it for her and how quickly would she come home? John

Routine neutering operations can usually be carried out quite quickly and most pets will be able to come home the same day. Bella is still young and so any risks associated with the anaesthetic are very low — certainly much lower than the risks some of the illnesses this will protect her against. Your vet clearly thinks this would be beneficial for Bella, so I’d advise giving them a call and chatting through any concerns.

My cat Margo is six and only seems to be able to keep small amounts of food down. If he eats too much he’s sick, but this happens regularly. Is something wrong with him? Chris

Dear Chris, there are many possible causes of repeated vomiting, including an infection, worms, a tumour or an overactive thyroid gland. Your cat may even have swallowed a foreign body, which could also cause these symptoms. It’s important to take your cat to see a vet so they can get to the bottom of what’s making him unwell. Your vet will perform a full clinical examination and depending on the findings, they may want to perform further investigations to help make a final diagnosis.

I don’t take her for granted, so it is wonderful to have someone like Chris volunteering at the home and we don’t take her for granted, so it was great to be able to mark her 60th birthday in style. “She’s a tremendous asset to Battersea and is adored by staff and volunteers alike for her commitment and dedication to the home.”

“When I adopted my first Battersea dog back in 2010, I decided I wanted more time to help out at Battersea so I took early retirement from my career as a nurse. “I’m really lucky that I was able to retire so I could put my heart and soul into something I really enjoy.”

Clotte Fielder, head of volunteering and fostering at Battersea, said: “We’re very lucky to have someone like Chris volunteering at the home and we don’t take her for granted, so it was great to be able to mark her 60th birthday in style.”

In 2016, the home was awarded a total of £50,000 by players of People’s Postcode Lottery, their support enables volunteers like Chris to carry out their amazing work.”

S

Staff at Battersea Dogs & Cats Home have paid tribute to the home’s most prolific volunteer after she turned 60 last week.

Surbiton resident Chris McLean has volunteered in seven different roles during a seven-year association with the much-loved charity.

The retired nurse has donated her time to the charity in a number of roles, from caring for vulnerable dogs in kennels and her home to shaking buckets at events, educating communities about responsible dog ownership and taking dogs to visit residents at the Royal Hospital, Chelsea.

The mother-of-two was treated to a surprise birthday celebration at Battersea’s London centre last week to recognise her dedication to the home.

Chris said: “The birthday celebrations blew me away. It was amazing that staff and volunteers from all different parts of the Home were all there – it was so special.”

When I adopted my first Battersea dog back in 2010, I decided I wanted to do more to help the charity.

“There’s something wonderful about Battersea. You’re made to feel so welcome and everyone appreciates what you have done.”

Two years ago, I decided I wanted more time to help out at Battersea so I took early retirement from my career as a nurse.
<table>
<thead>
<tr>
<th>Name</th>
<th>Age</th>
<th>Breed</th>
<th>Sex</th>
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<td>Dotty</td>
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<td>6 years 6 months</td>
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<td>356146</td>
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Sweetie lives up to her name in many ways. She’s a typical high energy girl but she also has a sensitive side where she finds some situations overwhelming. She’s experienced a lot of change in her young life and is looking for consistency and routine with a family who can finally give her a forever home.

Ralph came into Battersea with an injured leg and required surgery so he’s still recovering and on a strict exercise regime that new owners must be willing to follow, so that Ralph can get back to full health. He loves other dogs but wouldn’t be able to live with one until he has fully recovered.

Delightful Dotty is a fun and affectionate lady with lots of enthusiasm, although this can get the better of her and she can get a bit carried away with her play with other dogs and people, so she’ll need sensible, calm owners that can manage her drive and keep her busy in other ways.

Tia has been through quite a lot in her life recently and is finding kennel life quite difficult so she can’t wait to find a quieter home to spend her days. Tia loves her toys and owners will need to provide an endless supply. Tia is very much a people’s dog, preferring human company.

Stunning Ninx likes to be surrounded by all the home comforts, therefore she is currently putting her paws up in a foster home, but she’s hoping someone will give her a permanent home she can rest in. Ninx is a sociable girl and enjoys hanging out with her favourite people.

Kishmish is a fantastically friendly who enjoys making friends with her visitors in her own unique and adorable way. Her name means ‘sweet as sultanas’ and she shows off her sweet, saucy side whenever the mood takes her. She loves affection and will nuzzle your hand with her nose for more.

thanked for hard work with party
For house buyers looking to purchase a home in leafy Hammersmith, one with stamp duty paid will work out to be a worthy investment. At Bellway Homes’ Bentley Place development, two-bedroom apartments are now being offered with stamp duty paid – a saving of almost £30,000. The development offers two-bedroom apartments from £799,995, while the average cost in the area is £820,000. The apartments, in Bute Gardens, offer a quiet sanctuary away from the hustle and bustle of the capital but are near enough for an easy commute into the capital. The contemporary, boutique development is situated on an avenue with exteriors sympathetic to the Victorian style homes nearby.

Kevin Bowles, sales manager at Bellway Homes North London, said: “We are delighted that we can offer a number of savings to housebuyers looking for two-bedroom homes in Hammersmith. “Taking the strain out of additional costs in home ownership will be an attractive incentive for first-time buyers and investors. “There are only 10 apartments left for sale at our development so with this incentive running, there’s even more reason for potential buyers to come and see our show home before they sell out.”

Layouts at Bentley Place have been carefully considered to make the best use of natural light and space throughout, with a number of private underground parking spaces available to purchase.

The Palace is a classic example of a two-bedroom apartment, priced from £799,995, and is offered with an open plan kitchen, living and dining area with a Juliette balcony. An en suite and fitted wardrobes are included in the master bedroom and the apartments feature energy efficient underfloor heating, fitted carpets, Siemens integrated kitchen appliances and undercroft cycle storage. Situated in the heart of Hammersmith, the apartments are only a short walk away from Hammersmith Tube station, which offers direct and regular services into Liverpool Street, Monument and the north, great for the work commute.

The development is just a short walk from Hammersmith Broadway and close to the cosmopolitan neighbourhood of Brook Green. Also within easy reach, Ravenscourt Park boasts enticing green open spaces, as well as attractive landscaping, a range of wildlife habitats and an excellent array of leisure facilities.

Local road links include access to the A4, which runs into central London to the east and connects with the M4 to the west, providing access to Heathrow Airport in approximately 35 minutes.

Prices start from £799,995 for a two-bedroom apartment. For further information, please visit www.bellway.co.uk or call 0333 202 5173.
Capital Nights

Food & drink, with Adrian Seal

I like a good story, especially when it involves food, so a chef returning to her roots and taking back ownership of the restaurant first started by her family nearly 40 years ago and where the first script for EastEnders was written is a jolly good one.

That’s exactly what chef, author, TV presenter and proud west Londoner Allegra McEvoy has done with Albertine in Shepherd’s Bush, which her late mother started in 1978, and has now reopened after a refurb.

In its heyday, Albertine was regularly referred to as one of the best wine bars in London, and its name inspired the setting for the soap, Albert Square.

Situated just off the famous Green in the Bush it has retained much of its old spirit, although there is now a greater emphasis on food, with a cracking selection by her family nearly 40 years ago and where the first script for EastEnders was written is a jolly good one.

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The upstairs restaurant is in fact a far cry from the hustle and bustle of the wine bar below, which still features the original distinctive pews rescued from a church reclamation yard by Allegra with her mother.

It’s like entering someone’s dining room – cozy and compact with space for around 20 covers.

Cookery books and nick knacks are arranged on bookshelves, and the only things missing are roaring flames from logs to illuminate the attractive ‘boarded up’ fireplace.

There is a ‘modern touch’ with two impressively large purple lampshades giving off subtle lighting, but otherwise there is a pleasant homely buzz to the place when it’s full with chattering dinners.

The cooking compliments the surroundings with bold rustic plates using well matched seasonal ingredients on a short but interesting menu, which comprises five starters, five mains and four desserts, all keenly priced.

My partner Fiona started with delicate courgette carpaccio with pecorino, pine nuts and chervil (£8) which she declared “was incredibly tasty for something so simple” while my smoked trout (£9) with sublimely seasoned Jersey Royals, hints of horseradish and capers was a clean, fresh tasting plate.

Gleaming perfectly cooked Cornish Pollock, topped with a tasty salsa verde (£16) sitting proudly on a bed of puy lentil, whetted my taste buds and was just a pinch of seasoning away from being near perfect.

A well flavoured hunk of pork shoulder steak (£16) combined nicely with rainbow chard anchovies and baby Jersey Royals for a decent dish, although Fiona declared the meat could have been tenderer.

I finished things off with a little pot of gold in the form of chocolate, cream and salted caramel (£6) helped along by some delicious shortbread.

Anyone for seconds? Me please.

There is an impressive European influenced wine list, with a cracking selection by the glass, and if you run out then, as the sign says, ‘in case of a wine emergency, ring the bell.’

With casual but attentive service, a new relaxed upstairs dining setting and some pretty decent tucker Albertine is certainly back on the west London food and drink scene.

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Albertine is back on the west London food and drink scene, says our correspondent Adrian Seal
The summer sky is fast approaching—look for the magnificent summer triangle rising in the east after midnight. The summer triangle is marked by the stars Deneb, Vega and Altair—Vega will become apparent first as it is the brightest star of the three. Deneb marks the tail of Cygnus the swan which appears to fly over the Milky Way. The light from Deneb (a much bigger and brighter star than the Sun) takes more than 3,000 years to reach us—the light you see set off at the start of the Iron Age.

There are two planets to look for this month—Jupiter and Saturn. Jupiter is incredibly bright and visible as soon as the sun sets—look south and you will see it high in the sky.

Planets, the moon and the sun reach their highest point in the sky due south—astronomers call this culmination. Here they are on the meridian: this is an imaginary line bisecting the sky through the north and south celestial poles. The best time to look at any object is when it is at culmination. In this position there is a thinner layer of atmosphere for the light to pass through and so there is less distortion—this is the best time to look at objects in the night sky.

If you have binoculars attach them to a tripod and point them at Jupiter. On a clear dark night you may see the four largest moons, these are the Galilean satellites (first discovered by Galileo Galilei in 1610)—Io, Europa, Ganymede and Callisto. Ganymede is the largest moon in the Solar System, larger than the planet Mercury. Io has intense volcanism due to tidal heating. Its tight orbit around Jupiter takes it round in less than two days and the strong gravitational pull of Jupiter flexes the surface of Io.

Europa is currently the focus of much interest; scientists believe there might be a vast ocean of liquid water lying beneath its icy shell. A plume of material was spotted recently by the Hubble Space Telescope; plumes have also been seen bursting from the surface of Enceladus, an icy moon around Saturn.

Saturn is visible low in the south-eastern sky after midnight. Use binoculars to see its elongated shape due to its rings which stretch out from the surface of Saturn to a distance equivalent to its diameter.

A small telescope is needed to see the rings; you may also see the four largest moons: Mimas, Enceladus, The NASA Cassini satellite recently detected the presence of hydrocarbons in the plumes of Enceladus, also thought to have a global ocean. This exciting news suggests there might be undersea vents and energy sources—the next step is to probe deeper and look for possible life on this alien moon.

Radmila’s Top Tips for Events at Royal Observatory Greenwich this month:

Sci-Fi Silver Screen: Pitch Black certificate 15 at the Astronomy Centre: Experience a contemporary cult classic under the stars in our planetarium on Saturday, May 19 from 6pm until 8.30pm. Tickets cost £10 for adults and £8.50 for concessions. See www.rmg.co.uk/see-do/exhibitions-events/stranger-worlds for more information.

Woody Allen’s Jazz Band are to return to London for the first time in 10 years this July

Woody Allen back in capital

Woody Allen will bring his New Orleans Jazz Band to London this summer for a one-off concert at The Royal Albert Hall on Sunday, July 2. Established over 35 years ago, the seven-piece band’s sound is firmly rooted in the music that Allen has loved since his childhood, and draws inspiration from the likes of Sidney Bechet, George Lewis, Johnny Dodds, Jimmie Noone and Louis Armstrong.

Allen, who has won four Academy Awards throughout the course of an illustrious six-decade career, is a much revered and dedicated musician who performs regular concerts with his band in New York.

Such is his dedication that he once famously missed accepting the Best Picture Academy Award as he was performing a concert on the same evening.

In 1996, the band embarked on its first tour of Europe, which was chronicled in the documentary film and album Wild Man Blues. Despite having toured Europe on a number of occasions since, this concert will mark the band’s first return to the UK in over 10 years.

Tickets are on sale now at www.royalalberthall.com/tickets/events/2017/woody-allen-and-his-new-orleans-jazz-band.
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London emerged as the country’s third best city for walking but plans are afoot to make it even better. Living Streets has revealed the results of its latest survey to tie in with National Walking Month this month.

The charity has also launched its Walking Cities campaign to lobby for urban landscapes to be designed around people rather than vehicles to make them more walking friendly. As part of the survey residents from the UK’s 10 largest cities were asked what put them off walking. The capital came in third place for being walking friendly with Edinburgh in top place, followed by Sheffield.

More than 57 per cent of respondents said they felt safe walking around London, and 64 per cent reported they found shops and services easily accessible on foot.

However, the state of pavements let the city down in terms of reaching the top spot, with 34 per cent finding pavements poor in terms of how cluttered or well-maintained they are.

The results also revealed 76 per cent of responses were in favour of more measures to encourage walking in the city. To celebrate National Walking Month, the charity, which has been promoting walking for 85 years, is also asking people to rate their everyday walks on its website.

The charity suggests people take a 20-minute daily walk as a free and easy way to improve their health.

Julia Crear, a director of Living Streets, said: “Cities around the UK have some way to go to become world-leading walking cities and this is something we want to help create. It’s encouraging that people in London see the importance of investing in walking to make the city a better place to live in.

“London is doing some really positive work to improve the city for people walking, as demonstrated by the London Mayor’s commitment to pedestrianise Oxford Street.

“We’ve been working with boroughs across London to enable more people to walk their everyday journeys, improving everyone’s health, reducing air pollution and supporting local high streets to thrive.”

Will Norman, the capital’s first ever full-time walking and cycling commissioner this year, said: “We are committed to making London the most walkable city in the world and are investing more than £2bn to make our streets healthier, safer and more welcoming.

“Walking is not only good for your health and well-being, it also benefits London by reducing car use and improving air quality, and that’s exactly why we are working so hard to make it an obvious and safe choice of travel for all.”
A TWISTING SUSPENSE-FILLED THRILLER

GABRIEL

BY
MOIRA BUFFINI

STARRING
PAUL McGANN
AND
BELINDA LANG

DIRECTED BY
KATE McGREGOR

★★★★
LANG IS SUPERB.
A REWARDING,
HAUNTING EVENING
THE TELEGRAPH

★★★★
PAUL McGANN
IS TERRIFIC IN THE
ROLE, MAGNETIC
THE TIMES

★★★★
SUPERBLY ACTED. A JOY TO WATCH
MAIL ON SUNDAY

★★★★
ECHO
★★★★
LOWDOWN MAGAZINE
★★★★
WIRRAL GLOBE
★★★★
REVIEWS HUB
★★★★
The Stage
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BROADWAY WORLD
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Learning Support Assistants from September 2017
(Term Time Only, 39 weeks, 28 hours per week)
Salary: Spine point 16 to 19 - £20,607 - £21,999
(Approx. Pro Rata salary £13,906 - £14,846)
Cherry Garden School is an outstanding school that meets the needs of children (2-11 years) with severe and complex needs. Moving to a new building from September 2018 located in Peckham.
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• passionate about supporting pupils with learning disabilities
• a team player
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• A friendly and supportive staff team.
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www.cherrygardenschool.co.uk
Closing Date: Monday 22nd May 2017 (Midday)
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PUBLIC NOTICES

Transport for London Notice

ROAD TRAFFIC REGULATION ACT 1984
THE A3212 GLA ROAD (CHELSEA EMBANKMENT, ROYAL BOROUGH OF KENSINGTON AND CHELSEA)
(TEMPORARY PROHIBITION OF TRAFFIC AND STOPPING) ORDER 2017

1. Transport for London hereby gives notice that it has made 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 carriageway works to take place on A3212 Chelsea Embankment.

3. The effect of the Order will be to prohibit any vehicle from:
   (1) Stopping on Chelsea Embankment outside Nos. 14-16 Chelsea Embankment;
   (2) Entering, exiting, stopping or proceeding on Royal Hospital Road at its junction with Chelsea Embankment;
   (3) Turning right into Royal Hospital Road from Cheyne Walk;

The Order will be effective between 9:00 PM on the 14th May 2017 until 5:00 AM on the 26th July 2017 or when the works have been completed whichever is the sooner. The prohibition will apply only during such times and to such extent as shall from time to time be indicated by traffic signs.

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.

5. At such times as the prohibition is in force an alternative route will be indicated by traffic signs.
   (For vehicles wishing to enter Royal Hospital Road via Chelsea Embankment) - Chelsea Bridge Road onto normal route of travel
   (For vehicles wishing to enter Chelsea Embankment via Royal Hospital Road) - Lower Sloane Street, Sloane Square, Kings Road, Oakley Street onto normal route of travel

Dated this 9th day of May 2017
Mufu Durowoju
Network Impact Management Team Manager,
Road Space Management – Operations, Transport for London
Palestra, 197 Blackfriars Road, London, SE1 8NJ
LONDON BOROUGH OF HAMMERSMITH AND FULHAM ROAD TRAFFIC REGULATION ACT 1991
SECTION 14(1) (CRISP ROAD)
TEMPORARY PROHIBITION OF TRAFFIC

1. The Council of the London Borough of Hammersmith and Fulham hereby gives notice that in order to facilitate tower crane activity to be carried out in the above named road; it intends to make an Order the effect of which would prohibit certain vehicular traffic on the above named road and suspend the one way traffic flow between St James Street and Chanceller's Road.

2. Whilst works are in progress, or whilst the authorised traffic signs are displayed, no person shall cause any vehicle to proceed, stop, wait, load or unload in a section of this Order.

3. The Order would come into operation on the 3rd June 2017 and would last for 2 days.

4. The dates specified are for guidance and informative purposes only and works may extend outside these dates.

Dated this 5th day of May 2017
Nicholas Ruxton-Boyle
Chief Transport Planner
Transport and Highways

LONDON BOROUGH OF HAMMERSMITH AND FULHAM ROAD TRAFFIC REGULATION ACT 1991
SECTION 14(1) (KING STREET)
TEMPORARY PROHIBITION OF TRAFFIC

1. The Council of the London Borough of Hammersmith and Fulham hereby gives notice that in order to facilitate Thames Water repair works to be carried out in the above named road; it intends to make an Order the effect of which would suspend the westbound bus lane section of the above named road.

2. Whilst works are in progress, or whilst the authorised traffic signs are displayed, the westbound bus lane in King Street, between its junctions with Hanwell Gardens and No. 274 King Street shall be suspended.

3. An alternative route for traffic in article 2 would be required.

4. Exemptions would be provided in the Order to permit reasonable access to premises, so far as it is practical without interference with the execution of the said work and for vehicles, any vehicle being used in connection with police, fire or ambulance purposes and anything done with the permission or at the direction of a police constable in uniform.

5. The Order would come into operation on the 5th June 2017 and would be valid for a maximum period of 18 months or until works are completed, whichever is the sooner.

6. Works would be expected to commence on Monday 5th June 2017 and last for 4 days.

The dates specified are for guidance and informative purposes only and works may extend outside these dates.

Dated this 5th day of May 2017
Nicholas Ruxton-Boyle
Chief Transport Planner
Transport and Highways
Kante wins top writers' gong as Blues head into week of destiny

BY PAUL LAGAN

paul.lagan@slp.co.uk

N’Golo Kante has won the prestigious Football Writers’ (FWA) Footballer of the Year Award for 2017. Eden Hazard came second. Between them Kante and Hazard polled more than 65 per cent of the votes.

David Luiz, Diego Costa and Cesar Azpilicueta were also in the running. FWA Chairman Patrick Barclay added: “N’Golo Kante could not be a more deserving winner English football’s most prestigious individual award.

He has been a model of consistency, a focal point of the Chelsea defence and a thorn in the side of Europe’s top clubs.”

FWA Patron Sir Trevor Brooking added: “N’Golo Kante has already had a magnificent season and is certainly worthy of a Football Writers’ Association to name me their Footballer of the Year.”

The 27-year-old striker said: “It is an fantastic honour for me to win this prestigious award which is a testament to the encouragement and support I have received this season

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Eden Hazard, N’Golo Kante and Zinedine Zidane have been named the three finalists for the 2017 Ballon d’Or.

The three forwards are up against each other for the prestigious award, which is given to the best player of the year by the French magazine France Football.

Hazard, Kante and Zidane are all in the running for the award, which is voted on by a panel of journalists from around the world.

Hazard has had a brilliant season for Chelsea, scoring 20 goals and making 13 assists in all competitions.

Kante has been a key player for Chelsea this season, playing in all but one of their Premier League matches and helping them win the title.

Zidane has guided Real Madrid to the La Liga title this season, as well as reaching the Champions League final.

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