

## Editor's Introduction

### Welcome to the Strawberry Hill Residents' Association Bulletin

This newsletter is for all our members, which is everyone living in Strawberry Hill.

It is a busy time of year and the SHRA Committee is pre-occupied with the main event of 2024 – the annual **'Carols in the Village'** which aims to bring residents together and to promote community Christmas spirit. The large Christmas tree with lights will be erected prior to the event to be held on **Friday 6 December from 6pm-7.30pm at Wellesley Parade**. As is customary, Richmond Brass Band will provide the music to accompany 12 traditional hymns – SHRA will provide hymn sheets, mulled wine, mince pies and treats for children – who will be encouraged to decorate the tree with baubles. Our Green Councillor, Richard Bennett, will open proceedings and we look forward to a good turnout to match last year's 125 persons. We are pleased that so many of our local businesses, and St Mary's University, have sponsored the event.

We are pleased to report that our recruitment drive for volunteers to join the SHRA Committee has finally borne fruit. **Fiona Maxwell** has taken the role of **Bulletin Co-editor** and, in this issue, she interviews a young local playwright in a new Arts section and a Strawberry Hill yoga teacher in the Business section. **Dany Mooney** joins us as **Events Coordinator** and provides a link with Friends of Radnor Gardens so she is able to update residents on the news about our local riverside park. Our latest newly-retired recruit is **Jonathan Bayliss** who will take on a mix of support roles. There are **still three vacant places on the SHRA Committee** and we would encourage anyone interested in finding out more to join us – as an observer - at our **next Committee meeting on January 15 at 19.30pm at St Mary's University** (email us at [contact@shra.org.uk](mailto:contact@shra.org.uk)).



This Bulletin reflects the range of issues that SHRA engages with on behalf of residents. We have been talking to our Councillors about: the letting of the Radnor Gardens café; the Strawberry Hill Drainage Scheme at the Waldegrave Road/Tower Road junction; the chaotic 'parking' of Lime bikes. Since the summer our main issue has been the ejection of several of our community businesses from St James Parish Hall in Radnor Road – a major loss to Strawberry Hill. We report on this issue and profile Strawberry Hill Ballet School which has lost its place in our area after 41 years – at short notice with no consultation from St James Church. The Parish Hall, a long-standing (96 years) community asset is now an extension of St Catherine's School.

Next year marks the 60th anniversary of the establishment of SHRA. The volunteers on the Committee continue to work hard to maintain the quality and attractiveness of Strawberry Hill. We have always included everyone as a member of the residents' association but have also requested a voluntary contribution of £5-10 from each household. If you are able to contribute please visit the Subscriptions page 5 to look at your options. Your support will enable us to continue the work of SHRA.

**Andrew Miller, Chair, SHRA**

### Contents

1. Editor's Introduction	1
2. Local Issues	2
3. The Association	4
4. St James Parish Hall	7
5. Arts	9
6. St Mary's University	11
7. Heritage & History	12
8. Business Pages	14

### In this issue:

**Local Issues :** Councillor Richard Bennett, Leader of the Green Group, discusses the issue of Lime Bikes. June Collins reports on crime in Strawberry Hill. [CLICK HERE](#)

**The Association :** We report on recent and upcoming activities involving SHRA & New Committee members are profiled. [CLICK HERE](#)

**St James' Parish Hall :** We describe the ongoing struggle to maintain St James Parish Hall as a community asset. Rachel Thomas introduces Strawberry Hill Ballet Club which has been forced out of our area. [CLICK HERE](#)

**Arts:** Fiona Lamb is in conversation with young local playwright Jen Tucker. [CLICK HERE](#)

**St Mary's University :** Helen Barnes from the short courses team provides a description of upcoming courses with discounts for local residents. [CLICK HERE](#)

**Heritage & History :** Rebecca Leuw informs residents about Christmas events at Strawberry Hill House. [CLICK HERE](#)

**Business :** Fiona Maxwell interviews Catriona McNabb, founder of a Strawberry Hill Yoga business. [CLICK HERE](#)

## Local Issues

To ensure that residents are informed about developments at the Council, we have invited **Richard Bennett**, one of our councillors for South Twickenham Ward, to provide an update on issues that will affect Strawberry Hill. SHRA is an apolitical organisation and any opinions expressed are the councillor's own.

### Councillor's Update

Councillor Richard Bennett, Leader of the Green Group & Leader of the Opposition, London Borough of Richmond-upon-Thames ([Clr.r.bennett@richmond.gov.uk](mailto:Clr.r.bennett@richmond.gov.uk)).

### Lime Bikes

I have been receiving several complaints about bikes being left in inconsiderate and dangerous places. I also saw quite a few examples myself. So, I proposed a Motion at the 1st of October Council Meeting.

Other London Boroughs, particularly Hillingdon and Brent have been concerned to the point of outrage about dreadful parking behaviours. Lime bikes have proved popular, and usage has been high. They have Uber as a significant investor to back their expansion. However, the bad publicity jeopardises acceptance and future progress.

The average Lime bike journey is only 1.5 miles. A business practice that allows customers to park where they finish their journey, rather than insisting on a designated area, is an attractive business model and has given Lime a commercial advantage over their competitors.

On the Council website there is a map of designated areas for collection and parking. There are 20 such areas on the Richmond side, but only 4 (2 each in Teddington and central Twickenham) for the 11 Twickenham Wards. I argued that Twickenham required more designated areas and this is now likely to happen. However, I noted that during the debate some of the Councillors from the Richmond side were as vociferous in their criticism as those from Twickenham Wards. On reflection I recognise that Lime customers are going to be unwilling to return a bike to a designated area that is more than 100 metres away from their destination unless it is compulsory.

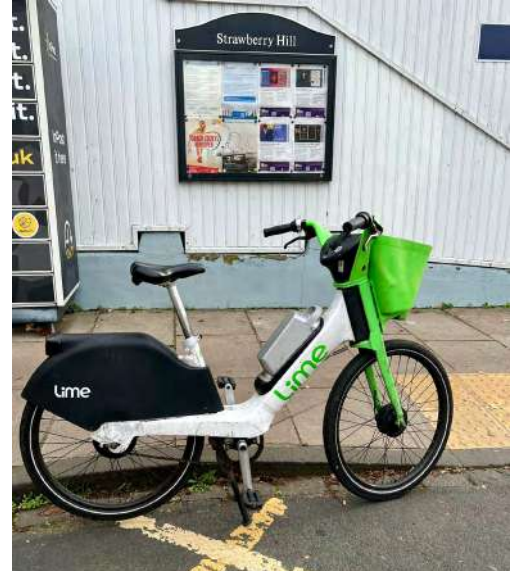
The Motion (albeit in unnecessarily amended form) was passed. It does highlight the impact of footpath obstruction and inconsiderate parking. It does hold operators responsible and requires improved infrastructure, enforcement, and communication. Richmond will also work with other authorities to strengthen regulation. Lime are promising stricter enforcement and response within an hour to reports of badly parked bikes. Stolen bikes also account for many of the worst examples of abandonment. (Apparently a well-known Tik Tok video advises how to achieve this, but you don't get the electric facility). Lime are trialling various means to stop this.

Let us monitor the situation.

### Radnor Gardens Cafe

The process of once again re-letting the Radnor Gardens Cafe has reached a decision on the new provider. Contractual negotiations are taking place. The date for a re-opening is yet to be agreed. The current sad state of the premises necessitates work to achieve this goal. Our Council appears to be obliged to choose the highest bidder from the shortlist. The winner from this process does seem a reasonably attractive option. However, my persistent worry is commercial viability. The least we can do is give it our support.

Richard Bennett



New Provider for Radnor Gardens Cafe

## Local Issues

### Crime in Strawberry Hill

by June Collins, SHRA Treasurer

The last Police Liaison Group (PLG) meeting was held on 16th September, 2024. South Twickenham currently comprises: one Sergeant, Jason Hudson; Police Officer PC Greg Roberts; and one PCSO, Kyle Mackenzie. PC Sam Parkinson will be dividing his time between West Twickenham and South Twickenham until a replacement for PC Ray Sullivan can be posted.

Currently there is no Chair for the South Twickenham Ward group and Roger Metcalfe, Chair of Richmond Safety Neighbourhood Board, has been acting Chair. However, going forward, this is not sustainable. There is, therefore, ongoing discussion about the idea of a federation with the neighbouring PLG (West Twickenham), if no chair comes forward for South Twickenham. This matter is to be discussed more fully at the December meeting.

Below are the latest crime figures (Strawberry Hill is a part of South Twickenham Ward):

Offence	Apr - August 2023	Apr - August 2024	Change
Burglary	9	3	- 6
Criminal Damage	1	1	0
Robbery	1	1	0
Theft from M/V	5	5	0
Theft of M/V	17	4	- 13
Theft of pedal cycle	20	6	- 14
Non Domestic	9	12	+3
Domestic	5	14	+9
Youth Violence	0	0	0

Thefts of motor vehicles are down, as is the theft of bikes. Domestic figures are up as there is, generally, more reporting of issues. The Community Safety Partnership is doing a lot of work in this area. Schools' officers are working with young people in school aged 17 and under to help prevent youth violence.

Shoplifting on Twickenham Green: offenders are watching shops, particularly Sainsburys, then entering, stealing and selling to other shops. Currently the management of these shops are not dealing with the problem themselves and are leaving themselves unprotected. This is causing frustration for the Safer Neighbourhood Team who attend this location whenever possible and include the premises on patrols to reduce shoplifting incidents.

Wellesley Road Passage (from Hampton Road into Strawberry Hill behind Carpenters Court): drug dealing has started up again, dealers hide in the overgrown foliage so this needs to be cut back by Richmond Housing Partnership. Generally, drug dealing comes and goes in various areas and the Police are aware of the need to stay on top of it.

What should you do if you witness an incident? The SNT said it was down to the individual – you can phone in and report the incident by ringing 999 or 101. There is also something called Active Bystander Training which can be found on the Council website. Training sessions are held online via Microsoft Teams and you can sign up to them if interested. The person to contact is: **Abi Jonas** – email: [abi.jonas@richmondandwandsworth.gov.uk](mailto:abi.jonas@richmondandwandsworth.gov.uk)

#### Contact information

The point of contact telephone number for South Twickenham (not a reporting number) is 020 7175 9464

X/Twitter address for South Twickenham is [SNT@MPSSTwickenham](https://twitter.com/SNT@MPSSTwickenham)

South Twickenham SNT email address is [southtwickenham.snt@met.police.uk](mailto:southtwickenham.snt@met.police.uk)

#### Protection resources

There is a Faraday protector which is an anti-theft device for cars, see link:

<https://www.amazon.co.uk/Faraday-Blocking-Keyless-Antitheft-Protector/dp/B077XTMHZW>

Protect your bike from theft and join the UK's national, Police-approved, bicycle-marking-and-registration scheme. [www.bikeregister.com](http://www.bikeregister.com)

Also, Richmond Safer Neighbourhood Board offers a free crime-prevention visit to residential addresses: email [crimepreventionadvice@yahoo.com](mailto:crimepreventionadvice@yahoo.com)

#### Reporting homelessness

You can report people who are homeless to SPEAR (the homeless charity) and they will go out and help them – tel. 0208 288 6506 – <https://www.spearlondon.org/>

The following link is to the Street Safe online reporting APP.

<https://www.met.police.uk/notices/street-safe/street-safe/>

#### Viewing crime figures

The following link allows you to view crimes in your area. Simply put in your postcode. UK Crime Statistics ([crime-statistics.co.uk](http://crime-statistics.co.uk))

## The Association



Strawberry Hill Residents' Association hosts

# Carols in the Village

6-7.30pm on Friday 6 December/ Wellesley Parade

Join in carol singing with  
Richmond Brass Band  
Children can decorate the  
Christmas tree  
Mulled wine, mince pies &  
treats for kids  
Donations welcomed

Events and tree supported by our sponsors:

- Architecture WK Ltd - BrightLife Chemist -
- Everydays Convenience Store -
- Faith Hair & Beauty - Jawbone Brewing -
- Kyzan Hairdressing - LBRuT - LJ Motorcycles -
- MKG 3000 Mazda & Volvo -
- Riverside Supermarket - Sopa Thai Restaurant -
- St Mary's University - Strawberry Hill Golf Club - Strawberry Hill Local & Post Office - Twickenham Body Health - V3 Design & Print



### Carols in the Village – Friday 6 December

The annual SHRA Christmas event will take place on Friday 6 December at the usual venue of Wellesley Parade between 6pm and 7.30pm. Music will be provided by our good friends, Richmond Brass Band, playing 12 family-favourite traditional carols from O Come All Ye Faithful to Good King Wenceslas. Children will be encouraged to decorate the large Christmas tree that will light up the area until early January. Mulled wine and mince pies will be available for added warmth and there will be treats for children. The proceedings will be kicked off by our local Green Councillor Richard Bennett.

### Radnor Gardens News

We are pleased to report that the link between SHRA and Friends of Radnor Gardens has been re-established in the form of Dany Mooney who is on both Committees. In the last Bulletin 183 we reported on the two lovely trees of historical interest lost due to deadly fungal decay, notably the glorious willow from the original Radnor House, once the tallest of its kind in the UK, and the cedar near the Rose Garden. Both had to be felled as they were unsafe. However, the Council will be replacing them with the same species and in the same locations. A new tree, a Monkey Puzzle, was planted in the Spring, on the bank by the road and several more plantings, agreed between the Council and the Friends of Radnor Gardens (FoRG), are also planned. In particular, a beautiful Catalpa Speciosa, is to be planted near to the Memorial in time for Remembrance Sunday.



The Council also agreed to FoRG's request to jointly fund the repainting and re-gilding of the Memorial gates - now looking newly elegant for this year's Remembrance Day service. FoRG is applying for a grant to fund a much needed renovation of the Bath House. At this point, however, the scale of what may be possible is unknown.

### Remembrance Day Service 2024

This year's Service was held on Sunday 10 November and for the first time SHRA was invited to participate in the march and to lay a wreath on the War Memorial in Radnor Gardens. Andrew Miller represented SHRA on the stage along with our South Ward Councillors and local MP, Munira Wilson.



### 2025 – SHRA's 60th Anniversary

Next year marks 60 years since the foundation of SHRA and the Committee has been discussing ways of celebrating. Several ideas have been mooted including a 60th Anniversary Picnic in the gardens of Strawberry Hill House. This would be a similar event to those similar picnics of 2022 and 2023 – we also held a picnic in Radnor Gardens to mark the 50th Anniversary in 2015. A second suggestion was a SHRA 60 Years Dinner & Dance to be held at the Waldegrave Suite (St Mary's University) but there would have to be a considerable charge for this which we are unsure would attract enough people to cover costs. Please get in touch (by the end of 2024) if you have other suggestions as to how we can mark 60 years of the Association – [contact@shra.org.uk](mailto:contact@shra.org.uk).

## The Association

### Profile of new SHRA Committee members

The following people have joined the Committee since the AGM in April. They will be formally voted onto the Committee at the AGM in April 2025 and, in the meantime, we have welcomed them as co-opted members of the Committee.



#### **Fiona Maxwell, Bulletin Co-editor**

My husband, Chris, and I moved to Strawberry Hill in 1995 with the idea of renovating our 1930's house in Grange Avenue and then moving on. Somehow, we have never left settling into our quiet friendly cul-de-sac and making lifelong friends in the neighbourhood. Born in Hull, Yorkshire, I emigrated to New Zealand with my family as a toddler in the sixties and returned to the UK in my twenties to pursue a career in film and television. Initially I joined the J Arthur Rank group of companies working in video duplication and distribution. This progressed to joining PolyGram Video International and then PolyGram Filmed Entertainment as Operations Manager responsible for global distribution of feature films such as, 'Four Weddings and a Funeral', 'Trainspotting', 'The Borrowers', ' Fargo' and 'Mr Bean'. I then joined Carlton International who had acquired the Rank Library of films heading up their film Archive expanding my distribution skills into film restoration and digital remastering. When we merged with Granada International I became Operations Director and acquired a technical team in Leeds. Our parent company was ITV Global and I spent seventeen years with the group. From 2012 until 2024 I worked at the British Film Institute delivering film restoration-and-digitisation programmes, also initiating their first ever all celluloid film festival last year. My career highlights include: accepting an award with Martin Scorsese for the restoration of the Powell-and-Pressburger classic film, 'The Red Shoes'; working with the David Lean Foundation restoring seven films; and introducing 'A Night To Remember' at the Cannes Film Festival.



#### **Dany Mooney, Events Coordinator**

I worked as a civil servant in Westminster for some 34 years, mostly in what is now the Business Department, but also including secondments to the Cabinet Office and the European Commission in Brussels. I was lucky to have some really interesting postings, particularly in contingency and emergency planning, working closely with a number of ministers. Subsequently, I worked for 10 years in a primary school in Twickenham providing one-to-one support to children with special needs - a role that was sometimes challenging, but also really rewarding and I loved it!

I am now recently retired. I speak French and German and, as well as SHRA, I am also a keen supporter of the Borough's twinning links with both Fontainebleau in France, and Konstanz in SW Germany. As a member of the Richmond in Europe Association, I work to foster these links and also to develop opportunities in both cities for young people from our area.



I have lived in Strawberry Hill since 1997 and feel very lucky to live in such a lovely area. I am, therefore, pleased to have joined the SHRA Committee and to try to help in its work to maintain the special character here that we all value. I'm also looking forward to arranging future events that we can, hopefully, all enjoy together as a community. I am also a member of the Friends of Radnor Gardens and provide the link with SHRA.

#### **Jonathan Bayliss, Committee Member**

Jonathan has lived with his wife in Strawberry Hill since 1985 and has a son and daughter both of whom were educated locally. He has recently retired but worked in City law firms for almost forty years, specialising in corporate-and-financial-services law. Jonathan has a keen interest in local affairs and history, and is looking forward to participating in SHRA's longstanding activities and initiatives. In his spare time Jonathan is a keen golfer and avid supporter of Arsenal.

#### **Obituary: James Cox 1941-2024**

SHRA is sad to report the recent death of James Cox, one of our celebrity residents. James was a well-known journalist and broadcaster who was a long-term resident of Radnor Road and Strawberry Hill. He had a long career with the BBC of which the highlight was presenting The World This Weekend from 1994 to 2005. In 1983 he was in New York as the BBC correspondent covering US politics and elections. James studied history at King's College, Cambridge, before starting his career in regional newspapers. He worked for the BBC Scotland from 1975 and became political editor. James enjoyed the fact that the author, Henry Fielding, had lived in his property and that he was the custodian of Stanhope's Cave, one of Strawberry Hill's heritage assets.

## The Association

### RENEWAL OF SUBSCRIPTION:

Your contribution is vital in allowing SHRA to maintain and develop its events and activities including litter picks, the Big Family Picnic, the planter, the Bulletin, local history, protecting the heritage and monitoring planning applications. We also maintain a fund for legal fees which are required if there is a need to challenge local planning decisions. All Committee members are volunteers. The suggested subscription fee is £5-£10 annually per household (April-March).

### You can pay by BACs, Standing order or cheque.

**BACs** - please email the Treasurer ([june.collins@hotmail.co.uk](mailto:june.collins@hotmail.co.uk)) when making a BACs payment so we know what it is for and who you are. Details:

NatWest Account Name: *Strawberry Hill Residents' Association*

Sort Code: 55-50-39

Account Number: 71550410

**Standing order** – please email the Treasurer ([june.collins@hotmail.co.uk](mailto:june.collins@hotmail.co.uk)) for a SO form.

**Cheques** payable to *Strawberry Hill Residents' Association*, drop in or post to June Collins, *23b Tower Road*, TW1 4PD OR Post Office, 50 Tower Road, TW1 4PE (please enclose a note with your name, address and email).

**RENEWAL OF SUBSCRIPTION** : Your contribution is gratefully received and helps maintain the planters near the station, assists in publication costs and allows us to run and manage the AGM's as well as funds for possible local legal and planning requirements. All committee members are volunteers. Suggested subscription fee is **£5-£10 annually per household**.

### Cheques to Strawberry Hill Resident's Association

**NAME:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_ **POSTCODE:** \_\_\_\_\_

**EMAIL ADDRESS:** \_\_\_\_\_ **TELEPHONE:** \_\_\_\_\_

Please drop in to either A: June Collins, 23b Tower Road, TW1 4PD or  
B : Post Office, 50 Tower Road, TW1 4PE

## The Committee

### Officers

Andrew Miller,  
Chair & Bulletin Editor,  
07866801299,  
[activelearning@blueyonder.co.uk](mailto:activelearning@blueyonder.co.uk)

June Collins,  
Hon. Treasurer, 020 8891 0448,  
[june.collins@hotmail.co.uk](mailto:june.collins@hotmail.co.uk)

Pamela Crisp,  
Hon. Secretary,  
020 8898 1878,  
[contact@SHRA.org.uk](mailto:contact@SHRA.org.uk)

### Members

Mike Allsop, Planning Monitor  
020 8891 1614  
Peter Lamb, Local Historian  
[lambpc0950@hotmail.com](mailto:lambpc0950@hotmail.com)  
Louisa Carradine, Environment Coordinator  
[louisa@strawberryfillstation.com](mailto:louisa@strawberryfillstation.com)  
Sam Kamleh, Bulletin Designer  
John Tjaardstra, Business Liaison  
[tjaard@btinternet.com](mailto:tjaard@btinternet.com)  
Mary Hughes, Roads & Transport Coordinator  
[maryhughesx736@gmail.com](mailto:maryhughesx736@gmail.com)  
Dany Mooney, Events Coordinator  
[danymooney@blueyonder.co.uk](mailto:danymooney@blueyonder.co.uk)  
Fiona Maxwell, Bulletin Co-editor  
[fionalmaxwell@icloud.com](mailto:fionalmaxwell@icloud.com)  
Jonathan Bayliss  
[jonathanmbayliss@icloud.com](mailto:jonathanmbayliss@icloud.com)

### SHRA on social media

Please join/visit the following for more regular posts about Strawberry Hill.

Website – [www.shra.org.uk](http://www.shra.org.uk)

 [@SHResidents](https://twitter.com/SHResidents)

 [Strawberry\\_Hill\\_RA](https://www.instagram.com/Strawberry_Hill_RA)

 [Strawberry Hill Residents' Association](https://www.facebook.com/Strawberry_Hill_Residents'_Association)

## St James Parish Hall

By Andrew Miller, Chair, SHRA

### 'In' the Community but not 'of' the Community The saga of The St James Parish Hall in Radnor Road

It is with a heavy heart that we report that our community in Strawberry Hill has been let down by St James, our local Catholic Church. St James Parish Hall in Radnor Road has been used by the Strawberry Hill community for 96 years, but this came to an abrupt end at the end of July.



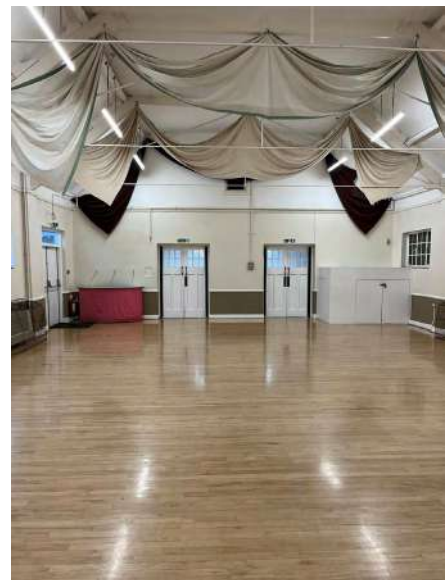
#### Notice to quit

On June 13 SHRA was contacted by Strawberry Hill Ballet School asking for our support after they had been handed a six weeks' notice to quit St James Parish Hall which they had rented from St James's Church for 41 years. We also contacted Strawberry Hill Pre-School which had been using the Hall for 28 years and found that they, and all other groups using the hall, including keep-fit groups, had all been told to find somewhere else to rent at very short notice. Subsequently we received several messages from residents, whose families had used the services of the ballet and pre-school, who were shocked to hear the news. These services have had to leave Strawberry Hill, because there are few community spaces available in the area. SHRA discussed this matter at our regular Committee meeting on 3 July and, as Chair, I was asked to contact St James Church expressing our concern.

The Chair of the Finance Committee of St James's Church explained that new regulations meant expensive upgrades were required to the building which the Church could not afford and that the building was running at a loss. The decision was taken to issue a lease to St Catherine's School which would take over the management of the building from the Archdiocese of Westminster. In taking this decision we were told that 'the local community was a critical consideration' and that 'the school will do everything possible to accommodate present users and also to rent to other community groups'.

#### Music lessons

SHRA was aware of St Catherine's planning application to demolish their existing music building and replace it with a new larger block. We had raised concerns about the potential impact on two of our most important heritage assets - the newly refurbished Pope's Grotto and Stanhope's Cave (under the road at the Grotto Road/Radnor Road intersection). It was clear that the School would need additional space for music classes and that St James Parish Hall would fit the bill. The Parish Hall has now been set up to be used for music and textiles lessons.



#### Future of the Hall meeting

SHRA followed up our initial message to the Church requesting details of the decision-making process and whether there had been any consultation with their own parishioners. There had certainly been no consultation with long-term users. We felt that the six weeks' notice without consultation was not the right way to deal with long-standing community groups. SHRA wrote to the Church and the School to propose a meeting chaired by one of our South Ward Councillors with representatives of all parties to provide some overdue consultation, explanation and clarification. We need to find out what is proposed when the school no longer needs the space in a couple of years - Will the community get the resource back? Will the Strawberry Hill Ballet School and others be able to return? Will there be any consideration given to the needs of the local community and historic community services? Will the Parish Hall remain as part of the private school - 'in' but not 'of' the community? Regrettably (to date) there has been no response from either St James Church or St Catherine's School to our request for a meeting and further information.

## St James Parish Hall

By  
Rachel Thomas, Strawberry Hill Ballet School



Strawberry Hill Ballet School (Ballet for Children) was established in 1983 by Geraldine Maguire, the school began in St James Hall, Radnor Road with two classes and quickly grew into a very successful ballet school. When Geraldine retired, I took over the school and it became Strawberry Hill Ballet School, specialising in the Royal Academy of Dance ballet syllabus for children aged three upwards living in Strawberry Hill and Twickenham.

I train children to dance for fun, a hobby, and those who wish to pursue a career in dance. Classes are structured, fun and creative and help develop each child's self-awareness, self-discipline, confidence, and personal expression. I aim for the highest standard from each of our students, whatever their natural ability, and we are very proud of our 100% pass rate achieved in Royal Academy of Dance examinations taken by our students. The ballet classes are accompanied by my pianist, John.

Sadly after 41 years, in June 2024 we were given short notice to leave St James' Hall. Classes are now based at Twickenham Green Baptist Church where we have been welcomed with open arms but if we were able to return to St James Hall we would love to – it's a beautiful space to dance and right in the middle of the local community. For timetable details and school information, then please see our website- [www.strawberryhillballetschool.co.uk](http://www.strawberryhillballetschool.co.uk)

Instagram [@strawberryhill\\_ballet](https://www.instagram.com/strawberryhill_ballet)  
[rachel@balletforchildren.co.uk](mailto:rachel@balletforchildren.co.uk)





## Arts

### Jen Tucker - local playwright

#### In Conversation with Fiona Maxwell, SHRA

*Jen you are a Strawberry Hill woman, how would you describe growing up here?*

**JT:** I have lived here all my life. Strawberry Hill was a wonderful place to grow up – close enough to London but still peaceful, and so many opportunities to get involved in performance and other extra curriculums.

*Tell us what first inspired you to write?*

**JT:** I've been writing for as long as I can remember! I was a major bookworm, and writing my own stories and poetry became a really important creative outlet for me.

*How did your creativity manifest itself in writing for the stage?*

**JT:** I think growing up performing made it very natural for me to start writing for the stage. I was part of The Nottingham New Theatre at university, which is the only fully student-run theatre in Eng-

land; this gave me an opportunity to write shows and have them performed, which is how I started properly writing for the stage. I find scriptwriting far more exciting than prose or poetry – I love writing interactions between people and creating work that reflects and questions reality.

*You also direct and occasionally appear in your production do you enjoy all aspects of this?*

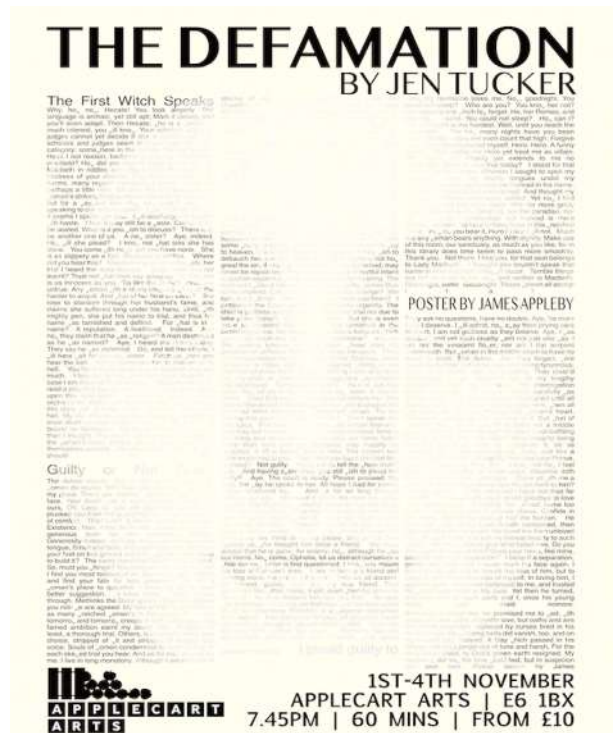
**JT:** I performed in my show, *The Defamation*, this July, which was really exciting. I much prefer staying backstage in the directing and producing chair, as I love overseeing all aspects of the production's rehearsals and publicity, but never say never! I might return to the stage one of these days.

*Your play 'The Defamation' was inspired by the Amber Heard, Jonny Depp court case yet has a Shakespearean undercurrent mixing past and present. How did this concept come to you?*

**JT:** Would you believe me if I said it came to me in a dream? In my second year of studying English at Nottingham, we studied *The Winter's Tale* and *Much Ado About Nothing*, both of which feature a woman attempting to clear her name when allegations of infidelity are made against her. Getting to know these texts in the midst of the Depp v Heard trial and its extensive cover in the media, I couldn't help but notice the similarities between Heard's experience and that of Shakespeare's heroines. And then one night while travelling I had a sort of strange dream combining the two, and *The Defamation* was born.

*Your plays have already won an award, tell us about that.*

**JT:** Our May production *The Nine-Day Queen* won an OffComm award for receiving multiple 5-star reviews, which was absolutely unbelievable. We were then lucky enough to win runner-up Best Writing for *The Defamation* at Riverside Studios' Bitesize Festival this July.



Guilia Duggan as Lady Macbeth in *Defamation* at Nottingham New Theatre. photo by Evan Hobson, courtesy of Richmond Nub News

## Arts

### Jen Tucker - local playwright

Play directed by Jen Tucker

#### In Conversation with Fiona Maxwell, SHRA

*Another of your productions 'The nine Day Queen' is set in two time zones this time through the veil of delirium with your leading lady conjuring up Lady Jane Grey. This opens the opportunity to compare the modern-day treatment of women with the defiance of the 17-year-old Queen executed for defending her faith. What were you looking to provoke in your audiences and how did they respond?*

**JT:** Defiance is definitely the word for it. I wanted to draw a parallel between Rita, the teenage girl who hallucinates the ghost of Lady Jane Grey, and Jane herself. Both women, born centuries apart and shaped by vastly different historical periods, have much in common.

I wanted to place them onstage together to celebrate the power of sisterhood, resistance and anger in the face of violence against women, and draw connections between present and past. I wanted audience members to find the piece simultaneously thought-provoking and celebratory, and audiences seemed to really connect to the story.

*The two productions mentioned above have strong feminist themes, is the empowerment of women a driving force in you?*

**JT:** I write about anything that makes me angry or impassioned, so often the maltreatment of women comes up. I think female empowerment is indescribably important, and the stage can be such a powerful space in which to tell women's stories and question the status quo.

*Your productions have been performed in a number of venues, do you have a favourite theatre in which to stage your plays?*

**JT:** My favourite has to be Barons Court Theatre; it's such a charming and kooky off-West End space, and the venue itself is incredibly supportive. I've seen some amazing theatre there and would recommend the theatre to any performing companies.

*You are also the Artistic Director at ITCHY FEET THEATRE, this is an all-women theatre group, tell us about the ethos of the company and the challenges faced within in your role.*

**JT:** I founded Itchy Feet Theatre to champion new writing, particularly work from female and queer perspectives. I feel particularly strongly about putting women onstage in roles with depth and complexity; I have found it incredible to work with young actresses to explore what it means to be a woman in the 21st century, both on and off the stage. In terms of challenges, I think it's fair to say that the UK's arts scene is particularly difficult to break into and poses many financial barriers to young companies. It can be really hard to have enough self-belief and determination to keep creating work; most of the people I've met in the industry, even those with established careers, experience some form of impostor syndrome.

*Lastly where do you see your career going from here and what's next for you?*

**JT:** Next, I have a work-in-progress, one-woman piece showing at Barons Court Theatre in December. The hope is that we will get audience reactions, edit the piece and, fingers crossed, take it up to Edinburgh next year! I also have a few other projects ticking along which I'd love to stage soon. In the meantime, I'll keep my day job and work on advancing the company in any spare time I have; hopefully, in a few years, I might be able to work the company full time!



## St Mary's University

### Short Courses – Strawberry Hill Residents Welcome!

By Helen Barnes, Short Course Administrator

We are delighted to offer Strawberry Hill residents the opportunity to book many of our courses at a 10% discounted rate. You can access the offers via the following webpage which is regularly updated. [stmarys.ac.uk/neighbours-discounts](https://www.stmarys.ac.uk/neighbours-discounts)

We are thrilled to be offering a new course [Mental Health First Aid](#) which runs over two sessions on **Saturday 11th and 18th January 2025**. This course is ideal for individuals who would like to become a Mental Health First Aider® to gain the knowledge, awareness and skills to spot signs of people experiencing poor mental health, be confident to start a conversation and signpost a person to appropriate support. The course is delivered in person with a MHFA England Instructor Member. You will participate in the course through a mix of instructor-led training, group discussions, individual and group activities. Each session builds on the previous, enabling you to gain confidence in supporting others with a Mental Health First Aid action plan.

There is still time to join our next [One Stop Planning for your Marathon](#) workshop which will take place on **Saturday 30th November 2024**. It is perfect for anyone who has ever thought of running a marathon or who has signed up for one in 2025. Designed for park runners, running club runners, charity place runners and anyone who would love to run a marathon or develop their distance running skills but doesn't know where to start. Hosted by expert tutor, Caitlin Limmer, founder of Twickenham's Bearcat running Club and the Turks Head 10K, this inspiring one-day course will start on the Sir Mo Farah race track and will furnish you with everything you need to know. You will cover planning and preparation, motivation, confidence and self-belief, top tips, nutrition and hydration, on-the-day preparation, how to coach yourself, plus there is a marathon clinic over lunch and you will learn how to conquer your 'wall'.

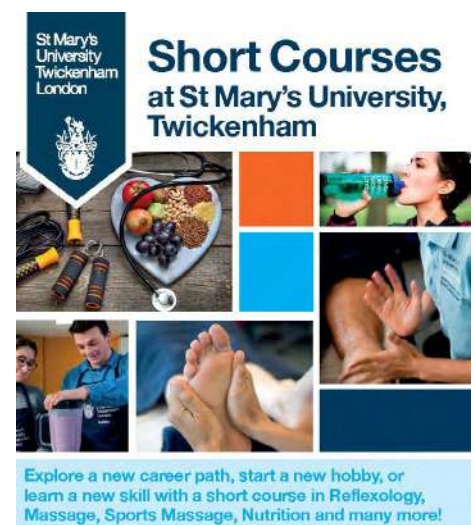
Our [French and Spanish Language evening classes](#) (Beginner and Intermediate Level) start again from **24th February 2025**. This time our beginner level assumes some level of skill. If you have knowledge to build on our team of experienced tutors will develop your language skills and confidence and provide a weekly dose of escapism.

[Learn to Lift courses](#) will run for an hour on a **Wednesday evening from 22 January 2025**. If you want to add strength training into your fitness routine or develop skills and techniques with confidence, the course is delivered in our state-of-the-art Performance Education Centre (PEC) and we have a course for every experience level! **Beginners (6-7pm)** - if you are brand new to strength training this will give you an excellent foundation and confidence to tackle weights safely and effectively. **Intermediate Lifters (7-8pm)** - is perfect if you are already familiar with lifting weights but would like to develop your skills adding variations and progressions to push yourself further. **Advanced Level Olympic Weightlifting (8-9pm)** – an introduction to advanced lifting. This course will suit you if you have considerable gym experience and are looking to learn or improve your weightlifting.

#### Thinking of a career change?

In February 2025 we have courses starting that are perfect if you are thinking of changing career. The courses run on a part-time basis so are very easy to fit around current work commitments and family life and will allow you to achieve a new qualification and embark on a new career route. You can choose from [Gym Instructing and Personal Training](#), [Reflexology, Massage and Sports Massage](#), and the [Level 4 Award in Nutrition](#).

Our website is regularly updated and a full list of all our courses is available via <https://www.stmarys.ac.uk/short-courses/overview.aspx> or call 020 8240 4321 for more information.




St Mary's University Twickenham London

### Short Courses at St Mary's University, Twickenham

Explore a new career path, start a new hobby, or learn a new skill with a short course in Reflexology, Massage, Sports Massage, Nutrition and many more!

www.stmarys.ac.uk/short-courses  
shortcourses@stmarys.ac.uk | 020 8240 4321



## History & Heritage

### Strawberry Hill House

By Rebecca Leuw, Marketing & Communications Manager

We are pleased to announce the appointment of Anthony Nash as the new Chair of Trustees at Strawberry Hill Trust. Anthony Nash brings extensive leadership experience and will guide this historic Gothic Revival landmark into an exciting new chapter of preservation, education and community engagement. Anthony succeeds Paul Kafka, who has stepped down after almost six years of dedicated service. The planned opening dates for Christmas are 21st, 22nd, 23rd, 27th, 28th, 29th, 30th, 31st and the 1st. We are hoping to add some carols in the house and family and twilight tours so please keep an eye on our landing page for more details.

[Christmas at Strawberry Hill House - Strawberry Hill House & Garden](#)

### Christmas at Strawberry Hill House

Saturday 7 December - 5 January 2025, 11am-4pm, Saturday - Wednesday

This December, the magic of the Flower Festival comes to Strawberry Hill House, transforming its gothic halls for Christmas. With general admission you can enjoy three breath-taking tablescapes in selected chambers, alongside beautifully decorated trees and festive decor. Curators from the Flower Festival team will craft an artistic vision, inspired by flowers, foliage, dried, and locally sourced, perfectly responding to the house's unique atmosphere. General admission: £14.50 (adults), £7.25 (students), under-5s free.

<https://strawberryhillhouse.digitickets.co.uk/event-tickets/45482?catID=45221&navItem=600578>

### Christmas Wreath Making

Sunday 1 December 2024, 10:30am to 1pm & 2.00pm to 4:30pm

Join Lilian from Lilian's Flowers and sustainable flower farmer, Char Johnston, show how to craft a natural woodland Christmas wreath, adorned with hand-dried flowers. In this hands-on workshop, you'll learn to create a moss-covered wreath using seasonal winter foliage, branches, seed heads, and pods for texture and colour. All botanicals will be sustainably sourced, and the wreath will be fully compostable. Adult tickets: £75.

<https://strawberryhillhouse.digitickets.co.uk/event-tickets/61761?catID=13844>

### Strawberry Hill House Christmas concert

Tuesday 3 December 2024. Doors open 7.45pm, concert starts at 8pm

Join us for an enchanting evening of Christmas music with soprano Kirsty Taylor Stokes, supported by the Strawberry Hill House Community Choir. The concert will feature festive poetry read by Nigel Roberts, solos by Kirsty, and special performances including "Evening Prayer" from Humperdinck's Hansel and Gretel and Rutter's Angel's Carol. Tickets: £15.

<https://strawberryhillhouse.digitickets.co.uk/event-tickets/61759?catID=13844>



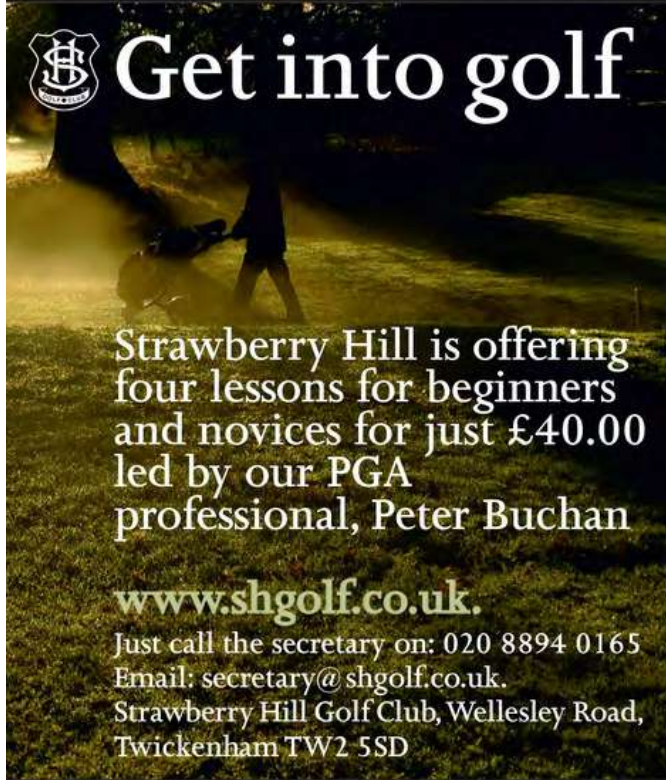
## Advertising

**Kyzan**  
HAIRDRESSING

Get your **WINTER** look with 30%  
OFF ALL COLOUR SERVICES  
EVERY MONDAY

DISCOUNT FOR SENIOR CITIZENS  
AND STUDENTS ALL WEEK

39 Tower Road  
Strawberry Hill  
Twickenham  
TW1 4PS  
020 8891 2255



**Get into golf**

Strawberry Hill is offering  
four lessons for beginners  
and novices for just £40.00  
led by our PGA  
professional, Peter Buchan

[www.shgolf.co.uk](http://www.shgolf.co.uk)  
Just call the secretary on: 020 8894 0165  
Email: [secretary@shgolf.co.uk](mailto:secretary@shgolf.co.uk)  
Strawberry Hill Golf Club, Wellesley Road,  
Twickenham TW2 5SD



architecture : **wk** ltd

Tel: 020 8977 6999  
[www.architecturewk.com](http://www.architecturewk.com)

## Business Pages

### Catriona McNabb, Yoga teacher, speaks to Fiona Maxwell



Catriona in her Strawberry Hill studio

**Catriona, you're a local Strawberry Hill business running a Yoga Studio, what first brought you to the area?**

**CM:** We did not come from far! Prior to moving to Strawberry Hill, we lived in Teddington. We outgrew our lovely home there with the birth of our fourth child and this led us to look locally for a larger house with a bigger garden. This we found in Strawberry Hill. It was a fantastic move for us and we have now been living happily in Strawberry Hill for over 10 years.

**So, when and how did Yoga first come into your life?**

**CM:** I have been practicing yoga on a regular basis for over 25 years although I experienced my first yoga class in New York, 30 years ago in my early 20s. At the time, I didn't quite know what to make of it. I found the postures interesting, confusing and even amusing, and went back to my regular exercise program for a few years, before coming back to it.

**Where did you train to be a Yoga Teacher?**

**CM:** I trained with Yoga-Yoga Teacher Training (Louise Cashin) in the beautiful Heart Studio in Twickenham which sadly no longer exists. It was a 2-year course (accredited by Yoga Alliance Professionals) which I undertook for personal reasons, not really knowing whether it would lead to teaching for me, but it soon became clear that this was my vocation!

**How would you say the ethos of Yoga manifests itself in your everyday life?**

**CM:** The main goal of Yoga is said to be Happiness. The ancient practice of Yoga, surprisingly, put very little emphasis on physical postures. Happiness was found through meditation, which was facilitated by Pranayama (breathwork) and, less so, Asana (physical postures) which helped to ease bodily discomforts which could distract from meditation. For me Pranayama has been the most profound aspect of Yoga and beyond filtering into everyday life, has changed the person that I am. I have a daily practice which includes both Pranayama and Asana which sets me up for the day. Like a shot of coffee, it gives me energy, positivity and makes me look forward to everything that the day will bring. Breathwork is both energizing and calming. Beyond this, breathing properly can be personality changing. The breath is inextricably linked with thoughts, emotions and reactions. Through learning to breathe properly as part of my practice, I have found that I have become a calmer, happier, more resilient, grounded and empathetic person.

**Which forms and levels of yoga do you teach?**

**CM:** I teach Hatha Yoga at every level. I have taught beginners, intermediate and advanced students of all ages. In essence, I am teaching all students the same thing as Yoga is a personal practice and we make it our own through modifying postures. Fundamentally, Hatha Yoga combines movement and breath. This is the same at all levels and the benefits are the same no matter the physical ability of the student.

**You teach from a lovely light and airy garden studio, was it a challenge to achieve the right design and build to meet your specifications?**

**CM:** I feel very blessed to have such a wonderful studio at the end of our garden. We had used the company before to build a little log cabin playroom in our last home, so I knew where to go. I knew that the company could bespoke their designs, I liked their process and build quality. Following the principles of space, light and simplicity (as well as a view over the lovely garden) it was easy to create a beautiful space.

## Business Pages

### Catriona McNabb, Yoga teacher, speaks to Fiona Maxwell



*You are a mother of four, how does your teaching and practice fit in with family life?*

**CM:** There is no denying it, having a large family is a full-time job in itself! However, as the children get older, I find more time to devote to the thing I love – teaching yoga! I am lucky to have control over a teaching schedule that I can weave in with family life, having the studio is a massive benefit, avoiding the need to fly around between external venues. I teach weekdays and term-time only which allows me to spend valuable time with my family at the weekends and school holidays.

*How would you describe the benefits of yoga for the average person?*

**CM:** Yoga is considered to be a holistic practice in that it benefits body, mind and spirit. Physically, yoga can strengthen the body and lead to increased flexibility. It can also help stimulate the organs, circulation and immune system. However, it can also profoundly benefit the nervous system, helping the practitioner to find a state of calm which is essential for the healthy functioning of both the mental and physical body. If a student leaves my class feeling happy, relaxed and having enjoyed the class, I consider they have achieved the greatest benefit that yoga has to offer.

*Are there limitations of age or ability that would rule yoga out for some people?*

**CM:** No. All physical postures can and should be modified to suit the individual. In each class, I offer a variety of modifications for students to choose from which allows them to adjust for their ability, injury or health condition. My favourite classes are those where I see each student doing a different variation of a posture. They are listening to their own body and creating their own practice with my guidance. However, the practice of yoga is not confined to physical postures. If a student needs to spend the whole class in a rest pose, by listening to their own body they will have obtained maximum benefit of the class for themselves. Just making the time for yourself to come to a class is an act of self-care. Already, you have practiced yoga!

If anyone would like to know more about Catriona's classes you can visit her website at:

<https://www.catrionayoga.com>



SHRA Directory of Strawberry Hill's businesses

The Directory can be accessed using the following link -  
[www.shra.org.uk/business](http://www.shra.org.uk/business).