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INJURIES AND AFC WIMBLEDON see pages 12-13

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World Cup worry after Euros abuse

By Oliver Murphy

The World Cup in Qatar this winter could see domestic abuse incidents soar following a spike in reports during last year's Euro 2020, campaigners have warned.

Freedom of Information responses obtained by SWL reveal the number of domestic abuse incidents reported to the Metropolitan Police rose by more than 14% during the European football championship.

The tournament also saw a spike in the number of offences, with officers recording a total of 8,664 crimes last year, up 10% from 2019.

A trustee of Sutton Women's Centre, Susan Calthorpe, said: "There is a link between increased consumption of alcohol and increased levels of domestic abuse, but it's only one of the



TERRIFIED: The National Centre for Domestic Violence recorded a 5% increase in the number of protective court orders during Euro 2020.

factors that exacerbates troubled relationships.

"People may well be in close proximity with each other for longer, they might be disrupting their partner's usual time, space, routine – so they might use domestic abuse as the way they cope for a whole range of reasons.

"Occasions like the World Cup can bring all those factors to the fore – which is why we see increasing numbers

around that time."

Although generally football matches do not cause domestic abuse, research shows there are links between a team's wins and defeats, and an abuser's preexisting pattern of behaviour.

A 2013 study by Lancaster University found abuse rose by 26% when England won or drew a match, and by 38% when they lost.

According to the National Centre for Domestic Violence

(NCDV), the figures could be the "tip of the iceberg", as it often takes time for victims to come forward.

NCDV's Head of Partnerships and Development Sharon Bryan said: "We can help raise awareness of this phenomenon by making sure people know and understand the links between football and domestic abuse."

Sharing her own experiences of domestic abuse, Bryan

said football was a major trigger for her former husband.

She added: "If his team lost he would throw the remote control at the television and rage about it. When he went to big games, especially his own team's games, he would do the same thing.

"I used to be terrified, and I was afraid of him all the time anyway, especially as time went on and the abuse got worse."

Data from the Office for National Statistics estimates 1.6 million women and 786,000 men were subject to domestic abuse in the 12 months ending March 2019.

For more information on domestic abuse, including how to get legal assistance for yourself, a family member or friend, contact NCDV on 0800 970 2070 or text on 60777.

Charities concerned calories on menus do more harm than good

By Lily Jobson

The Government's new scheme to have calories on menus has left charities frustrated, as they fear it will do more harm than good for people with eating disorders.

For some individuals that struggle with eating disorders, it is a good way of watching what they eat, seeing what hidden calories are in their foods and picking healthier options when they dine out.

But for others it can be damaging, cause anxiety and take away the enjoyment of going out for dinner.

The Government made calories on menus mandatory in the UK on 6 April, and groups like Beat UK, who support people affected by eating disorders, have expressed their frustration at the Government's choice.

Tom Quinn, Beat's Director of External Affairs, said: "We are extremely disappointed that the Government has made calories on menus mandatory, despite evidence that it causes anxiety and distress for people affected by eating disorders."

"We know from the people we support, that including calories on menus can contribute to harmful eating disorder thoughts and behaviours worsening."

"We strongly encourage restaurants to provide menus without calories."

The Government's decision was made to allow people to make more informed decisions about what they eat, and improve the nation's health.

The new calorie labelling rule applies to large businesses that employ more than 250 staff, including restaurants, cafes, and takeaways.



CALORIFIC: Calories on menus: for or against? The new scheme has left the country divided on whether it is a good or bad thing

While some have argued the new initiative will make people healthier and tackle obesity in the UK, a YouGov poll found that 71% of women aged 18-29 are actively against the policy, citing it will have a negative impact on people with eating disorders.

In a social media society where we are already obsessed over body image and trying to be perfect, individuals believe it will fuel a toxic diet culture and harm those already with disordered eating.

What hasn't been clarified by the Government is the legality of providing a

menu without calories.

This has confused charities such as Beat, as well as individuals who have reacted in uproar against the new scheme.

The Government scheme has not only led to reaction from eating disorder charities but has also divided the country.

Anupa Roper, children's author, and positive body image advocate said: "I think it is crazy. It's ludicrous that restaurants don't have to legally provide a menu without calories on it."

"For me, food isn't just about our nutrition, food is about enjoyment and so it

takes that away."

"We know what foods are most likely to be nutritious without needing the calorie count on there."

"There are other ways to make the nation healthier."

"It is only going to trigger those who are already on a diet and have an eating disorder and make their

situation worse."

44-year-old Roper said the Government should be thinking more about subsidising the cost of fruit and vegetables that are extortionate compared to a packet of biscuits instead of adding calories to menus.

She believes people will start going to small, independent restaurants where they can choose a meal without having to look at what nutritional value it has.

She added: "Food is about celebration, socialising and enjoyment."

"There is so much more to our health than eating calorific food."

Whilst many think this scheme is a bad decision, others say the new measures will support their diet and enable them to make more informed decisions before choosing the unhealthy option on the menu.

Farren Morgan, a serving soldier and fitness coach from Westminster, believes the new scheme will help educate future generations to make better informed decisions about what they are eating.

He said: "In a lot of restaurants, they may sell a lot of healthy meals, but they are filled with hidden calories, fats, and sugars."

"This way people will now be able to track and see exactly what they are putting into their bodies."

"People nowadays eat out for breakfast, lunch and dinner which can get out of hand as there's

always a takeaway around the corner."

"Since Covid I have seen a lot of people wanting to get into fitness and watch what they are eating."

Despite Morgan's career background, he said he would still agree with the Government's decision to have calories on menus because it will promote healthy diets and lifestyles.

The 35-year-old fitness coach said: "Looking into the future and looking into the next generation of people, I think it's good to have calories on menus so when children grow up it's not a shock to see, so they can make better eating decisions."



PICTURED: Pizza Express complying with the Government's new scheme to show calories on their menus

London temporary housing costs soar to £1.3bn in seven years

By Oliver Murphy

Councils in London spent more than £1.3 billion on temporary accommodation for families in the last seven years, SWL can reveal.

The figures were obtained by Freedom of Information requests submitted to all 32 London Borough councils and lay bare the shocking extent of homelessness in the capital.

Campaigners said the amounts highlight the desperate need for more affordable homes in the capital amid a chronic shortage of social housing.

Chief Executive of the homeless charity Crisis, Matt Downie, said: "This is only going to get worse as more people struggle with escalating bills and living costs that will see them need help from a system already stretched to breaking point.

"Provision of temporary accommodation is supposed to be just that, temporary, so it's unthinkable that people are spending years in B&Bs and in some instances more than a decade, but for many, this is their reality.

"A national strategy to deliver affordable housing must be put in place if we are to prevent people from becoming trapped in temporary accommodation and help them to leave homelessness behind for good."

The data shows £1.35 billion was spent on temporary housing for more than 100,000 households between 2015 and 2021.

In that time, the annual cost has risen by 35%, with councils spending more than £177 million on temporary accommodation between 2020-21 alone.

The total amount



CHRONIC SHORTAGE: Following the Conservative Party's manifesto pledge to increase housebuilding, research commissioned by the National Housing Federation estimates 340,000 new homes will need to be built in England each year, of which 145,000 should be affordable. Credit: Lucy Fisher

is expected to be higher with Hounslow, Kensington & Chelsea, and Merton exempting data under Section 12 of the Freedom of Information Act.

Responsible for just under a third of total expenditure, Enfield Council spent more than £309 million on the provision of

temporary accommodation for 4,440 households.

Meanwhile, the boroughs of Ealing, Barking & Dagenham, Brent and Bexley account for nearly half of all spending, collectively forking out more than £550 million in six years.

Southwark Council alone saw its spend-

ing soar by 472%, rising from more than £3 million in 2015, to almost £17.5 million by the end of 2021.

It follows recent analysis by the Local Government Association which revealed spending on placing homeless households in bed and breakfasts surged by 430% in 2019-20.

The capital is currently at the epicentre of the housing crisis, with more than 250,000 Londoners on waiting lists for council homes as the effects of the Covid-19 pandemic continue to be felt.

Temporary accommodation is offered to households that

councils accept are homeless, eligible for support and may be in a priority group, but criteria varies.

The number of homeless households living in temporary housing in London is at near-record levels, with the number of homeless children having increased by 60% since 2011.

Households spent an average of 2.3 years in temporary accommodation between 2015-21 with more than half of London boroughs placing families in hostels and private-rented properties.

In Redbridge, one family spent more than 30 years in temporary housing while in Islington a household was forced to wait 17 years before being moved into secure accommodation.

The findings come as research from the housing charity Shelter found that 58% of survey respondents said temporary accommodation had negatively impacted their health.

In its report 'Living in Limbo', it revealed that more than half of respondents were also suffering from depression, with the figure even higher for those who were unemployed.

Chief Executive of

Citizens Advice Enfield, Nnenna Anywanu, said: "The likelihood of obtaining a council property is now so remote with people waiting more than 10 years. There is just not enough social housing stock to meet the demand.

"Expecting to be rehoused in a short period of time, but ending up staying put for years in temporary accommodation, can play on the mind and your ability to put down roots.

"It also affects children, their education and their confidence and ability to socialise."

Responding to the findings, a spokesperson for Enfield

Council, said: "Temporary accommodation is an important safety net for emergencies but is not a long-term solution to the issue of homelessness.

"Londoners are at risk of desperately suffering as a result of the housing and cost of living crisis – for example most of the temporary accommodation used in the UK is required by boroughs across London.

"We call on the government to develop a plan for London, which recognises the challenges faced and which brings forward the right solutions and funding."



LAST RESORT: Figures show councils in England spent £142 million placing households in bed and breakfasts in 2019-2020. Credit: Evelyn Simack

Selfridges car boot sale raises £240k

By Lily Jobson

A high fashion, sustainable car boot sale that launched at Selfridges last week has raised more than £240,000 for women in areas of conflict.

The chic car boot sale, held by Women for Women International, took place in Oxford Street's Selfridges on 14 May, re-selling designer pieces discounted by up to 75%.

The annual #SheInspiresMe boot sale, hosted by fashion designer Alex Eagle, has raised more than £700,000 to help women survivors of war since launching in 2016.

Women for Women UK branch ambassador, Eagle said: "I became really interested in the charity as their focus on helping people rebuild their lives seemed so positive and in-



DRESS TO IMPRESS: The #SheInspiresMe boot sale up and running in Selfridges. Photo credit: Bronac McNeil

spiring.

"I really wanted to come on board and lend support in any way I possibly could."

Eagle said she loved how the sale was open to everyone to get involved and that there was no need to buy an expensive gala ticket to raise money to support women.

She said: "It's a great feeling that something barely worn, sitting untouched in your wardrobe can be

transferred into cash for women who need it immediately."

The car boot sale was filled with past-season and pre-loved designer fashion and beauty items from brands like Jimmy Choo and Charlotte Tilbury.

It also featured small collections from Alexander McQueen and Bell Hutley donated by celebrities.

Shopping sustainable, guilt free and

designer clothing for 25% of the price is every fashion lover's dream, especially while knowing all the money is going directly to women living in countries affected by conflict. Sara Bowcutt, Women for Women UK's managing director said: "The funds help us to respond to conflicts and crises as they emerge.

"Against the backdrop of the war in Ukraine and the ongoing humani-

tarian crises in Afghanistan, Syria and elsewhere, we know that our mission has never been more critical than now."

Despite lockdown, Women for Women International continued to raise money to help women rebuild their lives, families, and communities.

Eagle said she and her friends were heartbroken that the #SheInspiresMe car boot sale was cancelled over the past two years due to lockdown restrictions.

Instead Women for Women International resorted to holding virtual car boot sales for shoppers.

She said: "Everyone's response to the virtual sales raised our spirits.

"Now more than ever, is the time for communities to come together and join forces to help those who need it."

London's modern members' club

By Honor Cockroft

Women in London looking for trouble need look no further than women-led, women-run The Trouble Club.

Trouble hosts talks, debates and dinners to discuss key issues with leading women such as the BBC reporter Laura Kuenssberg and Women's Hour's Emma Barnett.

Challenging the notions of traditional members' clubs, Trouble seeks to be more inclusive, affordable and modern - inviting everybody and anybody.

Director Eleanor Newton said: "We're all about interviewing and hosting the best and the brightest in London who all just happen to be women."

The 25-year-old, who joined as events manager in 2019, said the only



TROUBLEMAKERS: Director Eleanor Newton (left) interviewing author Daisy Buchanan (right) about modern womanhood in Mayfair. Photo credit: Alice Lubbock

criteria for joining Trouble is a passion for what's going on in the world and a desire to speak up about issues.

She added: "If you want to talk about what's going on in the world in an area that will be safe but also where you might have your views challenged, that's what we are all about."

Founded in 2014 by journalist Joy Lo Dico, the club aims to break down stereotypes, invit-

ing in women, men, transgender and non-binary people to create a little trouble.

Newton said: "I think upending traditional connotations with members' clubs is definitely part of why it's called the Trouble Club.

"It's also for women who like to make trouble, who are at the forefront of issues and have no issue speaking their mind."

With no head-

quarters, the travelling club hosts events across London at representative clubs such as Mayfair's Allbright Club and Covent Garden's The Conduit.

Newton said: "We are much more about the issues, topics, connections and stimulation than a beautiful venue."

"It's a very different approach but so far it's one that seems to have resonated with women

in London and around the world."

Indeed, The Trouble Club have recently branched out to America, interviewing writer, activist and feminist Gloria Steinem in New York last month.

The event at New York's Soho House featured Steinem and American-British sexual discrimination lawyer Ann Olivarius talking about the possible overturn of Roe v Wade in the US.

One of their recent speakers, journalist and writer Daisy Buchanan said: "It's one of the best events I've ever done."

"We had such an engaged crowd, it was so well planned, thoughtful and friendly."

"I felt really welcomed."

Join Trouble at Mortimer House for their next event on 2nd June to see author Monica Ali.

Is the grass always greener? Londoners return after exodus

By Honor Cockroft

Two years on from a pandemic-fuelled migration from the capital, tenants are returning.

A record 30% of homes in London in 2022 were let to people who previously lived outside London, according to estate agent Hamptons International.

The reported 2020 exodus saw large proportions of people move out of London in search of bigger homes and more space in the peace and quiet of the countryside, according to Trust for London.

Natalie Costa, 39, is desperate to move back to London from her new home in Bedfordshire.

She said: "I miss the coffee shops and those places where you get that buzz of city life."

"That's something I've really missed whilst being here

and feeling more isolated and alone."

The ex-Putney resident, who moved to Leighton Buzzard to get on the property ladder, said moving back is not a matter of if, but when.

She added: "I definitely think I'll move back, it just has to be at the right time."

"Recently with house prices and the rising cost of living we have decided to leave it for now and maybe explore the possibility next year."

Now, many tenants are flocking back to London, driving up rents in the capital and adding to the cost of living crisis.

Rent in the capital is currently outpacing the national average, having risen 12.3% in the last year, faster than any year since 2013.

Booming rent has also led to a lack of homes on the market, with 30% fewer properties available to rent in April 2022



RETURN OF THE MASSES: Tenants who fled London during the pandemic in search of a simpler life in lockdown are now returning to the capital, driving up rents and adding to the cost of living crisis

compared to the same time last year.

The home counties, including Berkshire, Buckinghamshire and Hertfordshire, now account for half of the tenants moving back in.

As reported by Hamptons, home-comers aren't sick of working from home, or moving back for

employment but returning to London for the lifestyle.

A mother of two who moved from Islington to Dorset in September 2020 said she misses the ease of living in London.

Clare Willetts, 43, added: "I really miss the general buzz, there's just something about London

that's fantastic.

"I miss the choice of things, there's such a variety that you certainly don't get in the countryside."

Willetts was planning on moving to Dorset with her husband after he had a job offer come through in early 2020, but after the pandemic caused

her house sale to fall through, they were thrust into lockdown in London.

The founder of a collective aiming to challenge gender-based clothing stereotypes added: "London isn't better or worse than Dorset, it's just different."

"I miss stuff about London but I think

now it's just too difficult to go back."

The 2020 migration of Londoners leaving for better prices, more space and cleaner air was by no means a new trend, but it was exacerbated by the pandemic.

As lockdown emptied the capital, the desire for a sim-

pler lifestyle and more outdoor space heightened the allure of the countryside for languishing Londoners.

Hamptons reported that 92,000 people quit the capital in search of greener pastures in 2020, the largest exodus in a generation.

Data from London Datastore shows 101,000 more people left London than settled there in 2020, with 320,000 people leaving the capital for another UK area.

And of those not able to move out of London due to financial uncertainty, the cost of moving house and location of work, a large majority wanted to move closer to green spaces.

As Chair of the London Assembly Housing Committee Murad Qureshi said in a survey: "A significant proportion of Londoners want to move home

generally, as the pandemic has made a lot of people re-evaluate their living situation.

"Almost half of Londoners who want to move home as a result of Covid want to move out of the city."

Given that the average house price in south west London is nearly £810,000, Londoners faced with working from home sought better value for money outside the capital.

And many found it, with migrators spending less on properties bought in the countryside than the ones they sold in the capital.

One woman, who relocated her fam-

ily from Croydon to Cornwall in 2020, described the move as phenomenal.

Laura Schofield, 37, said: "My life in London had become a little bit sterile."

"We went back to London a couple of months ago and my husband was shuddering just thinking about the Tube."

After quitting a job in TV when her large shoe company 'Otto + Ivy' took off, Schofield and her husband Tim decided to uproot their family and move back to his home county.

She added: "I have completely fallen in love with it and I can't imagine living anywhere else."



NO LOOKING BACK: Laura Schofield can't imagine leaving Cornwall after swapping the Tube for the sea during the pandemic. Photo credit: Rebecca Rees

Brentford B's striker Pressley buzzing after loan with Dons

By Tom Large

Taking your first steps in league football is no easy task as Brentford B's Aaron Pressley found out this season.

Pressley joined AFC Wimbledon on a season-long loan for the 2021/22 campaign, the Dons first season with fans at their brand-new stadium.

Not only was this a new journey for Pressley, taking his first steps into the professional game, but it was also a new era for Wimbledon playing their football back in Wimbledon.

He joined from the esteemed Brentford B team, a youth set-up that differs greatly from textbook academy football after the closure of their academy at the end of the 2015/16 season.

Instead of competing in competitive league environments, the Brentford

B team plays friendly matches against a range of senior, U23, U21 and academy teams.

Speaking to SWL about his first loan in the English football pyramid, Pressley said: "I loved it actually, the first four months where I wasn't injured, I enjoyed it a lot.

"It's obviously different to B team football in terms of expectations, pressures and playing in front of the fans.

"My best moment would have to be Bolton at Plough Lane when I came on and scored.

"That was crazy." Playing league football for the first time is always a test for any young player coming out of an academy or youth environment.

The target man explained that playing against sides like Rotherham who play a physical game with a number of experi-



PRESSLEY POWER FROM THE PENALTY SPOT: Aaron Pressley wheels off in celebration after converting his fifth minute penalty away to Lincoln City in Sky Bet League One. It was the difference between the two sides as the Dons held on to win 1-0. Photo Credit: Pro Sports Images

enced professionals helped him become aware of how to beat players in the air and get past his man.

Asked about his biggest struggle, the 20-year-old said: "I think it's just that expectation. You know what you can do deep down, and you just have to bring that to the table.

"I think that's probably the same for many young players this season, they know what they can do and are a little bit frustrated at times when they don't bring that to the table."

Pressley did unfortunately sustain injuries during his time with the south west

London club.

He explained: "It is tough because you go and watch the games and think I could be playing here.

"You really miss the buzz of playing well or doing something good.

"The timing was also difficult, Ollie Palmer went in January and I think from

then I would have had a run in and once you get a run of games it can really change your career."

Wimbledon struggled after the January transfer window, a combination of the departure of Palmer, poor recruitment and injuries meant the club not only got relegated but parted

ways with manager Mark Robinson.

Pressley added that Robinson was pivotal in him signing for Wimbledon, with the manager's deep passion for the club one of the main influences in capturing the striker's signature despite interest from a number of other league clubs.

Away days in League One mean travelling up and down the country and with that comes positives and negatives.

Despite longer journeys to places like Accrington and Sunderland, Pressley said that the character and spirit of the team helped make those longer journeys not seem as difficult.

Playing against a number of sides, ranging in quality and tactical setup for the Brentford B team is something that Pressley puts down to his development as a footballer.

He said: "It does make you a better player for sure.

"It is a good stepping stone from B team to first team because we play a range of fixtures against different opponents from non-league to academy sides."

However, a major difference from play-

ing B team football is the fans and what success means to those fans and the team.

Unlike traditional youth team football, Brentford B's do not play in a league, so players will not experience relegation and promotion.

With competitive football comes greater expectations, as goals can decide whether a team wins or loses.

That will be a key difference in young players experiencing football in two different environments.

Playing in front of a larger quantity of fans for the first time is something that Pressley mentioned.

The striker explained how good it was to play in front of a sold-out Plough Lane and how he found managing the expectations of the fans.

Pressley's loan was cut short after he picked up an injury midway through March ruling him out for the remainder of the season and he headed back to Brentford for his recovery.

His tenure with the Dons saw him score three goals.

A return to SW17, whether that is next season or further down the line, is something the young forward would love to make happen.



AARON'S ARRIVAL: Pressley pictured at AFC Wimbledon's KCS training facility after his loan deal was agreed. Photo Credit: AFC Wimbledon

Tasty return for cricket after Covid

By Tom Large

The world of cricket has almost forgotten what life without coronavirus restrictions is like: no saliva on the ball, the loss of community togetherness and most importantly there was no tea break.

Grassroots cricket provides a social community for many players and spectators, something the pandemic stripped everyone of.

To mark its return, SWL spoke to the cricket director at Wimbledon CC, Jonathan Speller, about what he was most looking forward to returning.

He laughed: "It is going to be amazing, my membership now includes teas again."

"We have had two years to plan and structure what goes into a tea."

"Without quoting the guys from



BOWLED OVER: Wimbledon CC players celebrate as a team after getting a wicket. Photo Credit: Alec Turner, Wimbledon CC

Sanderstead YouTube channel, there is going to be lots of crunch!"

Teas and crunch aside, Covid also provided an administrative challenge for the club with the constant changes in the rules and restrictions.

Speller, 37, said: "Cricket was quite slow with sending out guidance on a return but once it did, it was clear and concise, and we were able to act quite quickly."

"At Wimbledon, we were able to go from the day the guidance was released."

"The extra administration turned into a few days and sleepless evenings, but we are lucky at the club that I am a full-time employee, so we were able to turn that around."

"The ability to freely offer cricket excites me, we have got so many new talented cricketers."

Many thought it would be a chal-

lenge to bring people back to the sport after two years of instability.

However, Wimbledon has actually seen a huge uptake in people wanting to play the sport, resulting in the club entering into more cups than before.

Speller also mentioned he doesn't think cricket has lost a great deal to the pandemic. He added: "I wonder if cricket hasn't only gained from this."

"If there's things

that we have lost to the pandemic, it's because we have had a great period of reflection.

"There are a lot of little inclusions that actually needed a global pandemic for us to look ourselves in the mirror and say is this right?"

"I think cricket has everything to gain now."

Speller and the club can now move back to their long-term plans, which include building on cricket's bright future after the success of The Hundred.

A new 100-ball format of the sport tasked with attracting a younger and more diverse audience, the Hundred launched last summer.

Using this new-found energy is vital in continuing people's enthusiasm for cricket and getting them to return to and take up the sport.

WOMEN FOR WOMEN INTERNATIONAL'S CHIC CAR BOOT SALE AT SELFRIDGES RAISED £240,000 FOR WOMEN IN AREAS OF CONFLICT
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Photo credit: Bronac McNeil