NEWSLETTER

Newsletter of The Inner Temple Library

ISSUE 63 FEBRUARY 2021

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As far as the Library is concerned there will therefore be a single access point for finding materials on Westlaw UK and Lawtel.

For other subscribers the type of subscription taken will determine what is accessible via Westlaw. If they subscribe to Lawtel only, this content will be available via Lawtel on Westlaw UK, but no other Westlaw materials will be accessible.

Here is what the **new platform** will look like.

And here is a fuller explanation of the changes.

Launch of Lawtel on Westlaw UK

In March 2021 there will be significant changes to how Lawtel content will accessed from the Library.

As frequent users of this service will know, Lawtel was for many years an independent online resource, and was particularly useful for finding transcripts of unreported cases. It was taken over by Thomson Reuters some time ago, but still remained separate from the latter's main Westlaw UK service.

However, this will soon change with the launch of **Lawtel** on **Westlaw UK**. This means that all key Lawtel content will only be accessible via Lawtel on Westlaw UK.

Pupils

The Library continues to offer virtual inductions for pupils. If you would like an induction to Library services, please contact tdennis@innertemple.org.uk so that we can arrange a convenient time.

On Wednesday 3 March, Library staff are running a legal research training session. This will cover some of the topics that new pupils may need a refresher on. Feedback from previous sessions includes, "I now feel more confident using a wide variety of databases and my research sessions are far more efficient now that I understand what information is available and where to look for it".

The session will be via Zoom and will start at 5.30pm. Please contact **tdennis@innertemple.org.uk** to book a place.

Annual Review 2020

AccessToLaw - during the year visitors from 175 countries viewed our legal gateway site, the majority coming from the UK, USA, India, Sri Lanka, Australia, Malaysia, China and Canada. The sections of the site accessed most frequently were Case Law, Legal Journals, Sri Lanka, Health and Social Care Law, India, Caribbean and Legislation.

Cataloguing - a total of 49 new titles, and 125 new editions of titles already held, were added to the catalogue. The number of new titles was smaller than usual since the Library Committee were less able to meet in order to view, discuss and approve newly published books than under normal circumstances. In addition, 954 existing records were amended. We have launched a long-term project to add detailed contents information to records for practitioners' works, an enhancement which should further aid subject retrieval.

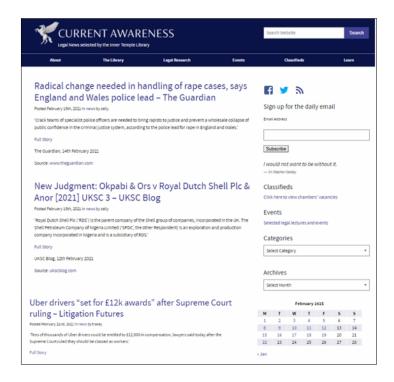
Committees - the Library Committee met three times in 2020, once face to face and twice via Zoom. The newly-appointed Librarian, Rob Hodgson, was able to attend his first Library Committee meeting in November.

Margaret Clay (our former Librarian) attended one meeting of the Inns of Court Libraries Liaison Committee before she retired. The Deputy Librarian attended a second meeting in October via Zoom.

Conservation - we have continued to send carefully selected rare books (usually ones associated with former members of the Inn) for specialist treatment by the craftspeople at The Bookends Bindery. Typically, the paper is dry-cleaned and de-acidified, and repaired where necessary, and any rebinding undertaken is entirely sympathetic with the original. Existing lettering and/or decorative material is preserved wherever possible.

Examples from the past year are John Vicars' Jehovah-Jireh: God in the mount, or, Englands parliamentarie-chronicle of 1644, bearing the signature of Francis Maseres, a major benefactor of the Library, dated 1813; Clement Writer's Fides Divina of 1657, with the armorial bookplate of another benefactor, Herbert Jacob; and Lord Herbert of Cherbury's De religione gentilium (1663) which features the same bookplate.

Current Awareness Blog - during the year we added 4,601 posts to the blog, bringing the archive to a total of 63,485 posts. There were 104,475 visitors to the site and 195,482 unique page views. Email subscriptions now stand at 4,620; in addition 4,894 people subscribe to the RSS feed and we have 10,900 Twitter followers. There are 1,141 subject categories, the top 10 most frequently accessed of these being sentencing, appeals, police, human rights, children, local government, internet, murder, sexual offences and costs. The highest ranking locations for visitors are the UK, USA, India, Malaysia, Hong Kong, Australia and Ireland.



Database Training - the Library liaised with the main database providers to offer training to members during lockdown.

Feedback was very positive and included the following: "I cannot thank you enough for putting me in touch with the trainers. It is life-enhancing."

Document Supply - this service is available to barrister and judicial members of all four Inns wherever they are based, and to student members of the Inner Temple. Over the year 904 items were scanned and emailed to barristers.

Donations - members of the Inn continue to present copies of their newly published works, and of new editions for which they are responsible, either solely or jointly. We also receive Wildy, Simmonds and Hill publications free of charge. Donations resulted in a saving of £928 on monographs and £6,963 on loose-leaf releases and journals in 2020.

Enquiries - the Library continued to receive many interesting and varied **enquiries** throughout 2020. Examples include:

- general guidance to an arbitrator on how to draft an arbitration award in an international commercial context (under UNCITRAL Arbitration Rules and/or Arbitration Act 1996);
- Articles 13-15 of the Brussels Convention;
- debates and materials by the International Law Commission on Article 22 of the Vienna Convention on Diplomatic Relations 1961

In addition we received requests for cases and legislation from many jurisdictions including India, Malaysia and the Turks and Caicos Islands.

Feedback - we received complimentary feedback from barristers, students and librarians during the year on various aspects of library services; here are a few examples:

"Wow – Thanks so much for such a prompt service." (From a Barrister emailing about the document supply service)

"He was exceeding helpful and skilfully tracked down the document I wanted. All whilst behaving as though there was no greater pleasure in life than helping me. I should say I had tried to get a copy of this document from other sources and none were as helpful." (From a Bencher who had been struggling to find a document)

"I am reviewing the cases you sent me and some are certainly on point and very helpful. Thank you very much for your assistance." (From a Barrister researching BVI cases)

"thank you for maintaining an extensive service" (From a Barrister enquiring about services during COVID crisis)

"many thanks to you all for supporting the members of the Inn so diligently during lockdown!" (From a Barrister working from home) **Guides** - in the course of 2020 we published a series of **subject guides** to make users aware of the electronic resources to which the Library currently has access. The guides cover, as far as possible, key textbooks, law reports, journals, laws and free web sources - with the caveat that textbooks and laws are not available for all subject areas. So far, subject guides to Australian Law, Canadian Law, Caribbean Law, Criminal Law, Family Law, Hong Kong Law, India Law, Intellectual Property Law and Personal Injury Law are available on our website.

We are now in the process of integrating resources available in hard copy into the guides, to give a more complete reflection of the resources available in the Library. We also aim to expand on the subject areas covered.



Historical Enquiries aside from the many queries we receive about former members of the Inn, enquiries we dealt with included (to give a few examples) Archbishop Matthew Parker's metrical paraphrases of the Psalms (Inner Temple Misc. Ms. 36), for an article in the Yale Journal of Church Music; titles held by the Library relating to historical slavery; Roger de Hoveden's Chronica

(Petyt Ms. 511.2), described by the enquirer, an academic historian in the USA, as "a gorgeous text"; and Mary Sidney, Countess of Pembroke's translation of Petrarch's "The Triumph of Death" (Petyt Ms. 538.43, foll. 286r-289r), a transcript of which recently appeared in *Petrarch's* Triumphi *in the British Isles* in MHRA's Tudor & Stuart Translations series.

ICCA Course - the Deputy Librarian attended meetings with staff from the other Inn Libraries to plan a legal research session for ICCA students, which will take place in March 2021.

IT - the Library's hardware provision had to be scaled down in response to COVID-19. Several PCs were removed to ensure social distancing could be achieved. The Library's Wi-Fi security was upgraded during 2020 to ensure best practice. The Library's photocopier server was migrated to newer hardware and software, bringing it in line with the Inn's other servers.

Legal Research Training - we ran a Qualifying Session on legal research in Birmingham in January.



Qualifying Session on legal research held at BPP Birmingham

Because of COVID restrictions, further in-person training sessions have not been possible. Nevertheless, we ran Qualifying Sessions via Zoom in June, September and October, and legal research training sessions for pupils in July and October.

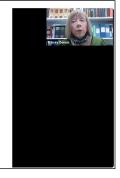
Feedback from students and pupils has been positive: students commented that the sessions were "fantastically well-organised" and "most helpful", and a pupil said that the online format was particularly helpful for those in chambers outside London.

Starting research

- Distinguish the facts, legal issues and points of law
- · Start with a textbook
- Think about the search key terms, boolean operators
- · Select appropriate resources







In November, we ran the first of our redesigned clerks' training presentations for the clerks at Fountain Court Chambers. We designed the sessions to be short and informative, with the primary aim of helping the clerks understand the citations they might have to identify, and where and how to find the material cited, whether that be in hard copy or online.

In all we ran three 20 to 30-minute sessions over Zoom, for two clerks at a time. We kept the training informal, which helped to promote a conversation between us and the clerks.

It was useful for us to take time to understand the information needs of the clerks, and we hope they found the sessions helpful.

Newsletter - the Library's electronic **newsletter** was emailed to all members and tenants in February, May, July and November. In these Newsletters we covered topics such as feedback from services run during the main lockdown; reviews of legal films and TV programmes; a series of "Meet the team" profiles; and reflections from staff working at home.

Online Subscriptions - the Library has subscribed to a selection of Westlaw books. The titles are as follows: the White Book; Chitty on contracts; Clerk & Lindsell on torts; Dicey, Morris and Collins on the conflict of laws; Archbold: Magistrates' courts practice; Archbold: Criminal pleading, evidence and practice; Bullen & Leake & Jacob's precedents of pleadings; McGregor on damages; Jackson & Powell on professional liability; and Phipson on evidence.

In addition to these practitioners' books we have also subscribed to the Index of Legal Terms on Westlaw, which includes *Jowitt's dictionary of English law* and *Stroud's judicial dictionary of words and phrases.*

We also added *Immigration appeal reports* and *Mental health law reports* to our vLex/Justis subscription.

Presentations - at the Inn's Town Hall meeting in November the Deputy Librarian gave a talk about the role of the Library within the Inner Temple and how it serves all the different parts of the Inn community.

Pupils - in addition to the legal research sessions already mentioned, virtual inductions were run for pupils at Blackstone Chambers, Fountain Court Chambers and Holborn Chambers.

Social Media - we added a wide range of posts on Facebook and Twitter during the year, which have included updates on the collections at Fetter Lane, additions to the Library collection, and changes to opening hours, as well as events and lectures taking place online and updated free learning resources.



Social media was particularly important during the coronavirus pandemic as a means of keeping our users up to date on opening times and the services we continued to offer, with some light relief thrown in. Examples included *Question a Day* (e.g. "Who is your legal hero?") throughout the month of June; law-related TV and radio programmes; and Twitter threads on neutral citations, the hierarchy of citations, and legal research tips for students.



We marked International Women's Day (with a particular focus on domestic abuse) and Black History Month (focusing on deaths in custody) with coverage on Twitter and Facebook.



The Library put together a "How To" series, posted on Twitter and Instagram.

We currently have 2,056 followers on Facebook and 10,900 on Twitter. Our Facebook followers are mainly based in the UK, USA, India, Pakistan, Malaysia and South Africa; followers are evenly divided between male and female, with a substantial proportion in the 25-34 or 35-44 age groups.

Staff - Margaret Clay retired as Librarian at the end of July after nearly 30 years in the post. Rob Hodgson, formerly Law Librarian at City University, took over the role in November.

Student Events - in September, we presented our first ever induction for new student members to be conducted via Zoom. We themed this "Mission [not so] Impossible" as the members of staff responsible are both fans of the series; also, we were aware that scenes from *Mission Impossible: Rogue Nation* were in fact filmed in the Inner Temple. We thought it would be an informative and enjoyable way for students to learn about the Library, and to become aware of the role it can play in their development throughout their legal careers.

Content was focused on several "missions", in the course of which the students learned about what services the Library offers to students, and the considerable and varied legal materials that are available within the Library.

We included a short quiz at the end to test the students' knowledge of the Inn and the Library, and we gained some good feedback, notably "The quiz at the end was fun and probably better than all the other Zoom quizzes that I have done previously!".

The Deputy Librarian organized the annual talks to new Bar School students. These were held virtually for students at City Law School, BPP and the University of Law.

Timeline - to celebrate the NHS in 2020 we put together a new timeline - **A History of the NHS**. All of our timelines can be viewed via the **Library website**.

VACCINATIONS

In 1958 the Government started a programme of vaccination against polio and diphtheria for all children under the age of 15.

Epidemics of polio had reached their height in the 1950s with as many as 8,000 reported cases in a year. The World Health Organization now considers the UK to have eradicated indigenous polio.



Tours - at the start of the year we ran tours for prospective members in person, but as this has not been possible since the lockdown in March, we have since then delivered the tours virtually.

We designed the virtual tour using the presentation platform, Prezi, and presented the tour over a Zoom video call. We aimed to make the tour informal yet informative, highlighting the resources that the Library holds, and the help that the librarians can offer.

On average two tours a month were carried out between June and December 2020. Feedback from participants included "It was a really helpful session".

Training Courses Attended - Library staff attended a variety of online training sessions throughout 2020. Some of these were organised by the Inn and others by organisations such as the British & Irish Association of Law Librarians and the Chartered Institute of Library and Information Professionals. Topics covered in these sessions included: line management; working remotely; EU law sources; social media use in Libraries and creating online presentations.

Website - visitors from 154 countries viewed the Library website, the majority located in the UK, USA, Canada, China, Hong Kong, India, Australia and France. The most frequently accessed sections of the site were the guide to neutral citations, catalogue, document supply service, opening hours, Inns of Court Libraries, legal research FAQs and training, free legal resources, Library guides, online services, Library booking system, newsletter and contacts.



Alternative Annual Review

An alternative version of the **Library Annual Review** has been produced, in infographic format.

Agatha Christie & True Crime

On 12 January we marked 45 years since the death of Agatha Christie by creating a presentation looking at some of the connections between her works and true crime.

The Bookends Bindery

Ken Cook, our recently retired contact at Bookends, writes

I have been fortunate as Manager of The Bookends Bindery to visit the Inner Temple Library to discuss and advise regarding conservation/repair and restoration of selected volumes from the collection. I have enjoyed a professional and friendly relationship with everybody at the Library.

Over many years we have endeavoured to restore all items, by hand, to their original style and design. Various operations are needed, depending on the condition of an individual volume; these might include any combination of pulling, washing, deacidifying, paper repair, laminating, re-sewing, head-banding, boarding or spine-lining, followed by binding either in quarter, half or full leather, with gold and/or blind tooling on the spine and on front and back boards, as per the original style.





Bookends value their partnership with the Inner Temple Library to preserve and restore its collections and to maintain the traditional craft of hand bookbinding.

Reading Lists

We compiled a **Reading List** on racism and the legal profession to accompany the Reader's Lecture, delivered by Master Leslie Thomas on 15 February. The list is divided into Articles, Books, and Video & Audio.

Never a Truer Word ...

"The needs of the barrister are diverse and sudden." These words of a former Librarian of this Inn, Wallace Breem, have proved particularly pertinent during the ongoing COVID crisis.

Since March 2020 the Library has been operating a remote document supply service. At first we had no choice, as the initial lockdown meant the Library had to close and, as all staff were reliant on public transport, we were not able to have a skeleton staff on site to undertake any copying requests. We could operate a remote document supply service as staff had access to the databases at home. When we were able to re-open, restrictions on the number of staff who could be on site on any given day meant that we decided to continue with the remote service wherever possible.

Working in this way did bring various challenges but one obvious outcome was that it became very clear just how much we have to rely on the hard-copy collections, and the wide range of materials that barristers need to use. We always knew that barristers require materials often without a lot of notice, but the diverse range of requests that we received during the lockdowns of 2020 and into 2021 illustrated this even more clearly. It also became evident that we could not operate the service using the databases alone.

Looking back at statistics for document supply requests during 2020 it was clear that half the requests were for items that we could not supply from the subscription databases even though we did increase our access to online subscriptions in 2020. The database providers generously gave additional access for specified periods of time, and we paid extra for content that was in heavy demand, subscribing to selected Westlaw Books and to additional law report series via vLex Justis. This helped considerably. However, in the first lockdown we had to ask the other Inn Libraries to copy materials for us as they were able to have limited staff on site; and when we re-opened in summer 2020, we found we still had to copy from our hard copy collections to fulfil many requests.

Why was this? Cost was a major concern. To subscribe to the full range of Westlaw Books would be very expensive, so we had to choose those we felt would be in most demand. Another factor was that Westlaw and LexisNexis only have *current* editions of textbooks, not old editions. We received many requests for extracts from noncurrent editions, and these we could only fulfil by copying from our "archive" of old editions.

Another issue was that for Westlaw Books we did not have access to pdf chapters. This meant that the version we had, although it reproduced the *text* exactly, did not reflect the *appearance* of the hard copy. We always explained this to users, and if they decided against the online version (usually because they intended to use it in court) we had no option but to copy from the book.

The nature of the requests we received also highlighted the challenges involved in having to rely on online resources. We are often asked for older law report series which are not available on the main subscription databases. Requests for items from the *Times Law Reports*, *Law Journal Reports*, *Law Times Reports*, and *Criminal Law Review* from before 1986, for example, have to be copied from the volumes in the Library as they are not on Westlaw or LexisNexis.

As mentioned earlier, we can never predict what we may be asked for. The request for the index of *Three Books on Embassies* by Alberico Gentili (originally published 1594) meant that we had to send staff to the basement to retrieve the required material. It was no surprise that this was not available online.

One of our main specialisms is Commonwealth law. We are often asked to obtain older cases and legislation and, as with much English material, anything that is not current is difficult if not impossible to find online. For instance, a request for the Antigua and Barbuda Appeals to Privy Council Order (SI 1967 No. 224), as modified and retitled by the Antigua and Barbuda Modification of Enactments Order 1981, (SI 1981 No. 1105) could be fulfilled only by using the legislation on the shelf in the Library.

Wallace Breem's words, written in 1971, have proved to be as relevant today as they were 50 years ago. This is not to say that online databases are without value; we were able to fulfil a great many requests by having access to the databases while working from home, but because of factors such as cost, and the varied requirements of our members, it is clear that it is the combination of electronic resources and extensive hard-copy collections that enables us to meet the information needs of our users.

All Hands on Deck!

Rob Hodgson, Librarian, writes

It was a dark afternoon in November when, blissfully ignorant of the fact that my choice to delay lunch would haunt me for the rest of the day, I received the unwelcome news that there was "a drip" in the Littleton Basement...

Unfortunately, initial investigations revealed a slow but persistent leak from the floor above our basement book stacks. Before the books could be taken from the shelves and loaded into disaster recovery crates, a cross-departmental team went into action, turning off the electricity and rigging emergency lighting, locating and fixing the source of the leak, and creating temporary awnings to funnel the ongoing leak away from the bookstack. The awnings, a Heath Robinson affair of strategically pierced polythene sheets, duct tape and wastepaper bins, was impressively successful in directing the ongoing rivulets away from the shelves until the ceiling panels could be safely removed.

Over 250 books were removed from the shelves to be assessed by our disaster recovery service, Document SOS. The most damaged and at-risk volumes (numbering 115, and dating from the 18th to the 20th century) were whisked away for offsite care.

Approximately half of those books were quickly dried using SAD (Select Air Drying) a simple process using drying racks, dehumidifiers and fans for air circulation. For the more thoroughly saturated books, a much more intriguing process called Vacuum Freeze Drying (VFD) was employed. Thankfully, book drying technology has come a long way in the last few decades. In the images below we can compare the homely wartime "coal fire and clothes-line" approach to disaster salvage, with the "futuristic" vacuum chamber.





Wet books are deep-frozen to -20°C, a process that can take up to a week. They are then loaded and sealed into the VFD vessel and the vacuum created. The ice particles are then sucked away as a vapour without becoming a liquid (sublimation), a process that minimises stress to bindings and text blocks. Following this, a brief spell in a book press reshapes any particularly warped volumes and boards. Some water staining remains but the books are entirely useable and, crucially, mould has had no opportunity to develop.



It is interesting to note that our 18th-century law reports are by no means the oldest (or most celebrated) items to have been vacuum freeze dried in this specific chamber. As one of the largest such chambers in Europe, it had previously been used to treat timbers and objects salvaged from the Mary Rose.

History Society Lecture

'Law in a time of Plague - Was the Law a Good Doctor?'

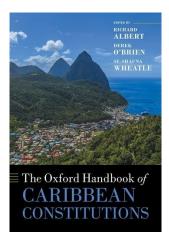
Professor Sir John Baker & Professor John Wass

Plague and Pandemic are not new; nor are the efforts of government to deal with them by executive proclamations. Professors Baker and Wass will discuss and illustrate the Tudor and Stuart governments' approaches, their legitimacy and effectiveness.

Time: Monday 22 March 2021, 5.30pm via Zoom **Tickets:** Members and the Public: Free

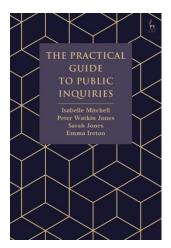
Book online or email members@innertemple.org.uk

New Acquisitions



The Oxford Handbook of Caribbean Constitutions, edited by Richard Albert, Derek O'Brien and Se-shauna Wheatle (Oxford University Press) is a valuable addition to our Commonwealth textbooks collection, although coverage is not limited to Commonwealth member states. The title is perhaps slightly misleading, in that this is not a

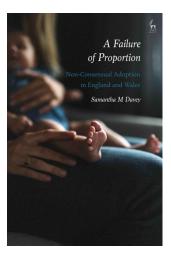
compendium of constitutions *per se*, but a wide-ranging collection of around two dozen essays on constitutional law, fundamental rights and legal institutions. Examples include "The Commonwealth Caribbean and the Westminster Model", "Caribbean Constitutions and the Death Penalty" and "The Interpretation of Commonwealth Caribbean Constitutions".



The authors of *The Practical Guide to Public Inquiries* (Hart) have extensive experience as public inquiry lawyers, having worked on inquiries such as the Bloody Sunday Inquiry, the Mid-Staffordshire NHS Foundation Trust Inquiry, the Leveson Inquiry and Grenfell Tower Inquiry, and the work contains contributions from a number of other eminent practitioners in the field. This work provides comprehensive

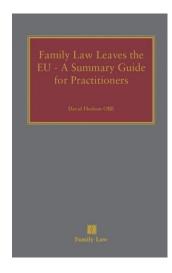
guidance on the inquiry process, specifically: the appointment of the chairman and inquiry team; the choice and significance of the venue; the drawing up of inquiry procedures; protocols and rulings; appointment and role of core participants; evidence-taking; conducting and attending hearings; the role of experts; and the writing and publication of the inquiry report.

Samantha M. Davey's A Failure of Proportion: Non-Consensual Adoption in England and Wales (Hart) explores an area of law which has sparked considerable debate among academics, practitioners and the judiciary nationally and internationally.



The emphasis is on the circumstances in which nonconsensual adoption may be regarded as a proportionate measure and when less severe forms of intervention, such as long-term foster care or kinship care, may also meet children's needs while providing protection to their rights under the European Convention on Human Rights. Davey builds on existing literature on

adoption law but takes the discussion in new directions, emphasising the need for close scrutiny of children's and parents' rights at all stages of the adoption process, not simply when parents appeal against the making of an adoption order.



Published last November,
David Hodson's Family Law
Leaves the EU: A Summary
Guide for Practitioners
(LexisNexis) provides
practitioners with an
accessible guide to the law
and practice which apply
following the UK's final
departure from the EU on 31
December. The government
has indicated that the UK will
not be party to any further
EU laws, instead relying on
existing international laws

(e.g. the Hague Conventions) to which we will be a party in our own right. There will also be new provisions in national law, and some court procedures will change. Key topics covered include: governing laws, divorce, financial aspects, the Hague Convention 2007, the Lugano Convention, private children law, public children law, domestic violence, service and taking of evidence, ADR and legal aid. In conclusion, the author considers potential areas of EU/UK future co-operation.

A list of **new law titles and editions** received from October to December is available on our website.

Staff Activities in Lockdown

Birdwatching with Sally

Sally Mclaren, Assistant Librarian, writes

During lockdown I created a birdcam to surveille some of the tiny birds that regularly visit my garden and devour ten times their weight in birdseed.

Using a Raspberry Pi (a very small single board computer you can purchase for under £10), an SD Card to run the operating system (I used motionEyeOS, which is free), a USB power bank, and a mini camera for the Raspberry Pi (I used a ZeroCam), I created a Wi-Fi enabled CCTV camera capable of taking still images or video.



I put all of this in a box (you can use Tupperware or a tin, depending on how fancy you are), drilled a hole in the box for the camera, and attached the box to the tree in my garden next to the bird feeder.

Then I went indoors and hooked up my laptop to the Pi, and voilà!

Really good instructions are available at Nature Watch if you want to make one too. And here are the details for Raspberry Pi Zero W, motionEyeOS, and ZeroCam.



Running with Tracey

Tracey Dennis, Deputy Librarian, writes

In the first lockdown last spring I spent quite a lot of time running, in the hope that I would be able to run a marathon in 2020 once things got better. That never happened, and my marathon has been postponed until October 2021.

The new winter lockdown is proving much harder, as the weather is poor and the daylight hours are that much shorter, but running again is helping me to break up my days while working at home and to keep feeling positive.

In January I ran a virtual marathon in the course of a week to raise money for the Romney, Hythe & Dymchurch Light Railway. The miniature railway is great fun, and being committed in this way helped me to increase my weekly mileage.

I have now signed up for a challenge to run 500km over the course of around 9 weeks. Again, the idea is to increase my weekly mileage and to raise money for charity. It is going well even though the recent snow in Kent prevented me from getting out to run. So I have some catching up to do ...

The running is really keeping my spirits up, and I hope that, when I finally get to run my marathon, I will achieve the time I am aiming for.

Cooking with James

James Rowles, Senior Library Assistant, writes

I haven't been overly ambitious with cooking during lockdown, as trips to the shops aren't so enjoyable, but when I found this Chicken Tikka Masala recipe by Chetna Makan, who was in the semi-finals of the Great British Bake Off in 2014, I thought I would give it a try.

Please note that I couldn't find the stages of the recipe in

written form, so I had to watch the YouTube video several times and then write them down. I do have a photo of the spicestained handwritten notes so please contact me if you would like me to share.



First, we marinade diced chicken in yoghurt, ground turmeric, chilli powder and garam masala. Chetna says to marinate for at least two hours, but ideally overnight. As I had only bought the ingredients that day, I marinated for two hours.

Once ready the chicken can go into the oven for 20 to 30 minutes. While the chicken cooks, we make the delicious sauce. We begin by adding more spices: bay leaves, cardamom and cloves. Over the next 30 minutes we build up the flavour base by adding chopped onions, chilli, grated ginger and garlic; and finally tomatoes and chopped coriander. Chetna points out that the stalks of coriander hold more flavour than the leaves, but I used both the leaves and the stalks.

By this stage the chicken should be ready, so we add it to the sauce, along with further spices and pureed cashew nuts. I think the addition of the cashew nuts really enhances the depth of flavour in this dish.

We finish off with more chopped onions, along with some chopped peppers and cream. Voilà, the kitchen smells lovely with all those cooked spice fragrances, and you have on your plate what I consider the tastiest curry dish that I have ever made. I highly recommend.