

play

relax

work

eat & drink

## Free Children's Activities

Children get ready for a very active spring here at The Lensbury.

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## Accommodation Discount

Have a look at our special offers coming this Easter and during the summer.

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## Improving your Club

We are working on developing a more vibrant atmosphere just for you.

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## Inspiration from our pastry Chef!

Chocolate Cookies by Chef Antonio Teles at The Lensbury Pastry Kitchen!!!

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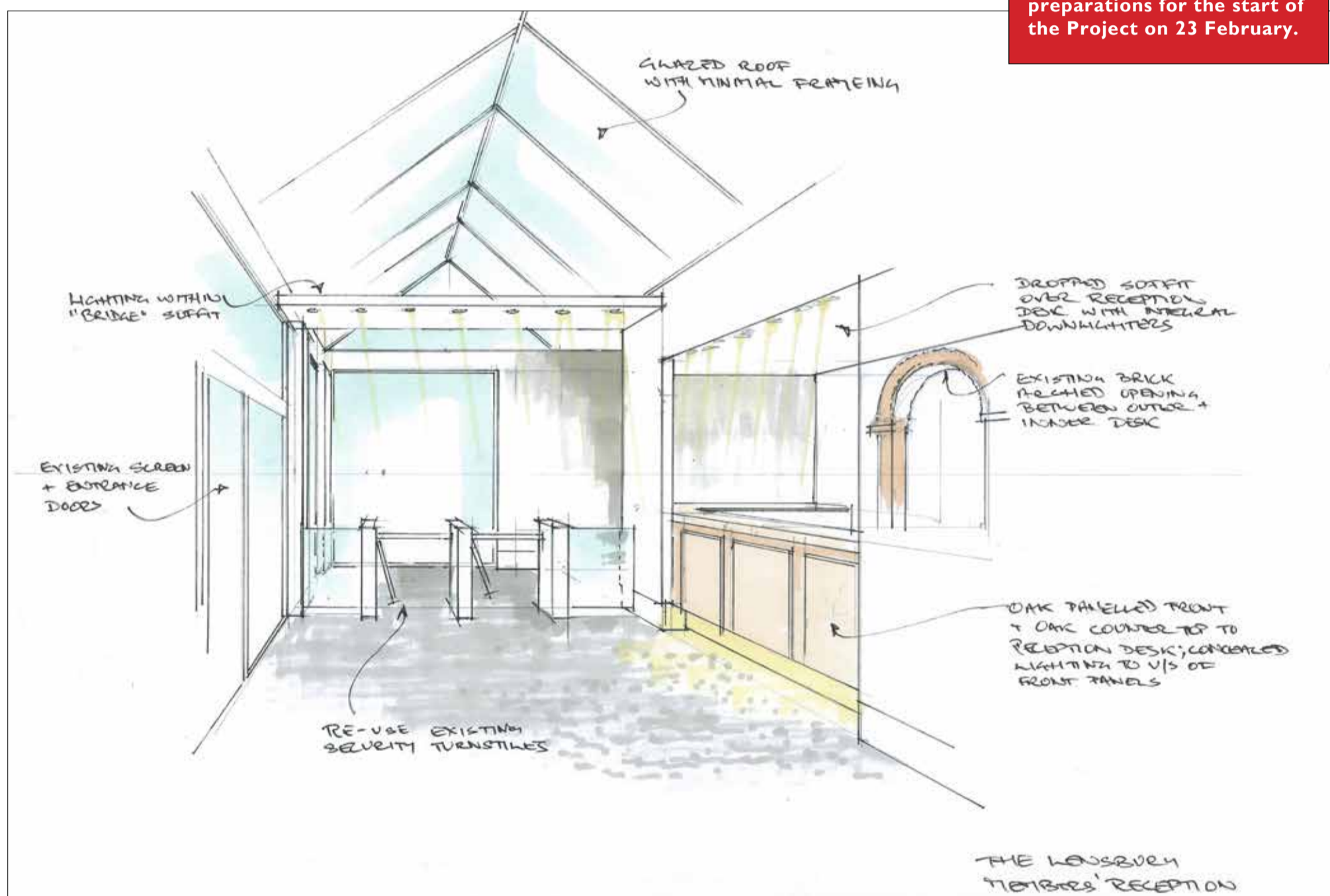
THE LENSBUURY

# Lensbury News

• Issue no. 96 • Spring 2017

## Investment in the Ground Floor 2017

The Lensbury Board signed off final approval of the £1.6 million Ground Floor project this week and we are completing the final preparations for the start of the Project on 23 February.



The professionals, having started the planning in April 2016, have had approval on the new heating and cooling systems, the electrics strategy, the construction elements, the safety plan and the interior design. The project planning always takes three times as long as the build itself!

First stage will be the creation of the new Spa space – following demolition on the two floors, where it will be sited, there will be the installation of the new staircase, six new treatment rooms, windows, all new M&E systems and the new finishes. Opening at the end of April and the design will focus on natural oak, a colour palette of blues, creams and

lavenders and some special art glass lighting. The Relaxation Room will be on the first floor and will have new views over the River Thames and the gardens. The first floor will also house our first double treatment room, complete with luxury hydro-bath and shower.

The creation of the new Members' Reception will be the next stage, starting early May. The current Members' Reception, Members' Entrance and the old Spa will be closed off and largely, but not completely, demolished. A new, small conservatory will be added to the left of the current ramp entrance – this small addition, will allow for

the re-positioning of the Members' Reception desk so that it will face straight on, to all Members coming in. Security gates will be positioned to the left, as opposed to the right, as it is currently. The new Members' Reception desk will be made out of oak, to match the oak in the main corridor, in a light filled space. It will be "two sided" so that Members can get assistance from the team, either before or after they go through the security gates.

Over the two months this work is carried out, Members' Reception will move to Hotel Reception. There is already a "swipe-in" pad at Hotel Reception and we will be

closing the Lockside security gates, so all Members will need to "swipe-in" if they are using the Lockside. There will be Members' Reception staff at Hotel Reception and we will be adding additional staff to the Lockside Reception, during the construction period, to handle more enquiries in that area.

Another change, will be the addition of a "wind break" door, on the landing of the ramp going out to the gardens. The vending machine will be removed from this area and re-sited in the Diner. This new door, will...

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**Dear Members,**

Since the last edition of The Lensbury News, we have been busy on a number of things including the installation of new heavy weights equipment at Lockside, winning the Best Corporate Social Responsibility Award at the Richmond Business Awards and welcoming two new board members. Our long serving Board Chairman, Mr Mike Napier, has retired from Shell and The Lensbury Board. We are so grateful to have had his support and passion for The Lensbury for the last 10 years and wish him all the very best for the next chapter of his life.

Mr Tim Harte has succeeded Mike and has already made an impact

on The Lensbury by approving the 2017 operating budget and the 2017 £1.2 million capital expenditure plan in his first Board meeting. We are delighted that Tim will be able to bring his long experience to lead the Board, while he is also acting as Executive Vice President of Talent and Development for Shell.

Tim Harte will also be joined by Mr Roland Ilube as a new Board member. Roland will be replacing Tim Andrew, who is The Lensbury Board's financial expert. Tim Andrew, who is a committed Lensbury member, will still be a frequent visitor to The Lensbury! Roland, who is Head of Mergers and Acquisitions at Shell UK,

joined the Board on 1 January 2017 and we look forward to working with him.

2017 has started with lots of projects ready to go at The Lensbury. Our continued commitment to lowering our carbon footprint will bear more fruit this year, as we replace all our gas appliances in our main kitchen with the latest, most efficient electric equipment. This is expected to have a significant impact on lowering the carbon footprint – we did the same thing when the ground floor kitchen was refurbished in 2014 and the drop in carbon usage was even better than we expected. This 15 month project started with the installation of a new power supply last year and will be completed in February, with the arrival and installation of the new equipment. We have also purchased a new, electric shuttle bus and will be using, in 2017, our new smart metres to target additional power savings across the estate.

We have received planning permission for the creation of the new Members' Reception and the relocated Spa with a new window overlooking the Thames, as part of the ground floor project. Planning permission for the new children's playground has just been granted as well, with a view to installing a new surface and new play equipment in

May and June. There are a number of other projects in the pipeline for 2017 including new surfaces for our artificial grass tennis courts, a new surface for the roadside car park, refurbishment of some of the hotel bedrooms and a number of "behind the scenes" projects to improve operations.

The bee hive village on the top of the Twickenham Building will also see an expansion of two more hives this year. Our sales of honey in the autumn generated enough to add to our successful apiary. We hope everyone's 2017 is happy and healthy.

*Best regards,*

**The Lensbury Spring Accommodation Offers**

**1. The RHS Hampton Court Flower Show Boat and BBQ package**

Our most popular summer event returns in 2017 with the traditional boat journey along the River Thames to the RHS Hampton Court Flower Show on Friday 7<sup>th</sup> July. Arrive in style at this wonderful event and spend the day enjoying all the Flower Show has to offer, then return down river to The Lensbury for an exclusive BBQ evening.

All you have to worry about is booking your place. Be sure to book early as this has sold out every year so far! Our package includes tickets per person to the Flower Show, river boat transport, evening BBQ, overnight stay, full English buffet breakfast and full use of The Lensbury's leisure facilities.

Members	1 night	2 nights
Standard Single	£155	£245
Standard Double	£244	£350
Superior Double	£260	£375
Executive Queen	£290	£440
Executive King	£320	£510

Guests	1 night	2 nights
Standard Single	£185	£300
Standard Double	£268	£390
Superior Double	£290	£415
Executive Queen	£320	£490
Executive King	£350	£570

**Staycations !!**

**1. Easter Offer from 7<sup>th</sup> April to 23<sup>rd</sup> April 2017**

Book three nights or more on the Members' Discount during the dates listed above and receive a large chocolate Easter treat per person!

Replace the usual members discount code with 'easterbunny' when booking online.

**2. Summer Offer from 21<sup>st</sup> July to 3<sup>rd</sup> September 2017**

Stay six consecutive nights during the Summer holiday period and receive the seventh night completely

free! Replace the usual discount code with 'summerspecial'.

**3. Summer Offer from 21<sup>st</sup> July to 3<sup>rd</sup> September 2017**

Book four or more nights on the Members Discount period and receive three hours motorboat hire complimentary on us. Take a relaxed tour of the local area, or power up the Thames to Hampton Court. Motorboats seat up to 7 people ensuring the whole

family can take part in the fun! The designated driver must be a minimum of 21 years old. The accommodations team will contact you to book in your boat. Replace the usual members discount code with 'setsail'.

For more information on how to book these special offers, please log into the Members Area on [www.lensburyclub.com](http://www.lensburyclub.com) and select the Exclusive Offers and Discount section on the left hand side menu. Alternatively contact our friendly hotel reception team who would happy to assist on 0208 614 6444.



**BOAT TRIP AND BBQ**  
Friday 7<sup>th</sup> July 2017

Arrive in style at the RHS Hampton Court Flower Show, then return to The Lensbury for an exclusive BBQ evening.

<i>Ticket Only</i> <b>£62.00</b> per ticket	<i>Including Stay</i> <b>£122.00*</b> per person	<i>Guest rates</i> <b>£134.00*</b> per person
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Tickets available from Hotel Reception or by calling us on 020 8614 6400.

\*Rate is based on two people sharing a standard double room. Prices include bed, breakfast, ticket per person to the event, parking, wifi and full use of The Lensbury's leisure facilities. For further information please call Hotel Reception on 020 8614 6400.

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...help significantly, in keeping warm air in the Club and the Members' Reception area. Currently, heat loss is unnecessarily great and its addition will mean an improvement in our Carbon Footprint and an improvement in the working conditions of the staff at Members' Reception.

While the work is going on in the newly configured Members' Reception, there will also be a full refurbishment of the old Spa and staff offices behind the old Members' Reception. This area is the largest space in the Club, not having had a complete refit and this will happen concurrently with the work in Members' Reception.

The space will be stripped back to its basic structure, and rebuilt with new heating/cooling, wiring, wall/ceiling/

floor finishes, lighting and ventilation. As this area has never had ventilation and cooling systems, this will be a significant upgrade of the area, bringing it up to the standard of the rest of the building.

This "opened up", new space will now house the Diner and Soft Play and has several advantages. The children's noise will flow away from the Ground Floor area and reduce some of the foot traffic, the new Diner/Soft Play will have much more natural light than the current one offers (eight windows instead of two) and will be carpeted to provide a more comfortable play space. The current Soft Play equipment will be reused, as will the Diner furniture. A new vending area will be created (stocked with fresh food prepared in our kitchens and best quality beverages) as well as a microwave, sink and water fountain for use by members.

Because we are creating new areas for members, out of space that is currently used for the shop, storerooms and staff offices, the disruption will be much less than previous work done on the Ground Floor. We thank you for your patience with the temporary Members' Reception and hope that you will find the disruption minimal and worth the end result. Follow the next edition of the Lensbury News for the update on the final phase of the project.



## MOTHER'S DAY

Sunday 26<sup>th</sup> March 2017

Treat your mother to a relaxing three course carvery lunch in the Thames View Suite. Includes a special gift for Mothers.

£25.00  
Adult & Children 9+

£14.25  
Children under 9

£5.00  
High Chair

Tickets available from Hotel Reception or by calling us on 020 8614 6400.



## PANCAKE DAY RACES

Tuesday 28<sup>th</sup> February 2017

Join us on the \*MUGA from 16:00 - 17:00 for some fun pancake races.

All ages welcome!

Free to enter  
\*Multi-use Games Area

Book at Members' Reception or by calling us on 020 8614 6420.



## EASTER SUNDAY LUNCH

Sunday 16<sup>th</sup> April 2017

Enjoy a traditional three course carvery in the Thames View Suite. Includes an Easter Egg for the children.

£25.00  
Adult & Children 9+

£14.50  
Children under 9

£5.00  
High Chair

Tickets available from Hotel Reception or by calling us on 020 8614 6400.

# Getting to know you: Chris Marlow

**The Lensbury Club is thrilled to announce that our Head Tennis Coach, Chris Marlow, is now an Lawn Tennis Association level 5 Master Coach.**

## What led you to the LTA Level 5 Master Coach Qualification?

My most compelling aspiration always has been to be the best I can be... so, whatever task I fulfil, I strive to excel. And this drive to be the best is not only about competing against others (which I thoroughly enjoy!), it's also about competing against myself.

Before starting my tennis coaching career, I was a Paratrooper in the British Army. There, I attained the Fittest Recruit award and as a machine gun specialist, represented my battalion in contests against other units. After the army I held various sales positions, meeting and exceeding many of the targets set, I received assorted accolades.

As a junior I participated in many competitions, playing at county level. Currently, I captain The Lensbury Men's 1st Team and, for the past 3 years, the team has won the West Middlesex Premier Division.

I believe you need to constantly challenge yourself, and the Master Coach qualification was the next step in my personal progression.

## What have you gained from the course?

Knowing that the course is the highest level the LTA offers and that there are very few Level 5 coaches in the country gives me even greater confidence as a tennis coach. I found the on-court technical, tactical and lesson structuring interesting, but the course had far wider expectations of a coach than only delivering high quality lessons. The mentoring, business, leadership and management components of the course gave me excellent insight into best practice. Mind you, the academic aspect of the course was challenging, as this required pedagogic essay writing and included a work-based project - things I have not done for quite a few years! I am pleased to say I achieved the highest marks amongst my peers and I look forward sharing what I have learnt on the course.

## Who would you say has inspired you the most?

Many readers will know Hilary Watts, Tennis Manager at the Lensbury for 17 years, who retired in April. She was my coach as junior player and has been a fantastic mentor to me. Also, I have learnt a lot from past and present coaches at The Lensbury; the department is very fortunate to have such experienced coaches,

and I consider myself privileged to work at The Lensbury.

The Lensbury is a fantastic facility and I have enjoyed the 10 years I have been here. It's a beautiful place to call my office! I have had the pleasure of meeting lots of members and have worked alongside some great coaches and Lensbury staff.

## What do you do outside of coaching at The Lensbury?

I live in Thames Ditton with my wife, Di, and 2 boys, Andrew (2) and James

(10 weeks). I love being a Dad and derive a great deal of delight from this responsibility, even with all the challenges fatherhood brings. Not that there is much free time, but if there is after tennis and family commitments, I enjoy playing golf, reading (just at the moment, I'm discovering the delights of the latest Jack Reacher novel) and watching movies.

## A very deserved 'Well Done!' to Chris Marlow for achieving this amazing qualification!



Chris Marlow



## SPRING BBQ & JAZZ NIGHT

Sunday 12<sup>th</sup> May 2017

An exclusive BBQ evening filled with delightful Jazz music.

Members  
£37.00

Tickets available from Hotel Reception or by calling us on 020 8614 6400.



# Dragon Boats land at The Lensbury!



We will be taking delivery of our very own dragon boats at the Watersports Centre this year. Dragon boat racing is one of the fastest growing and most exciting water sports you can take part in. It is a great way to keep fit and get out onto the water. We will be holding training sessions and building a team of Lensbury members to compete in local competitions this year. Full details of training sessions will be advertised soon, but please come and see these magnificent boats at The Watersports Centre from April onwards, they truly are eye-catching. Please visit the BDA (British Dragon Boat Racing Association) website for more information: [www.dragonboat.org.uk](http://www.dragonboat.org.uk)

Spring is almost here and that means your Watersports Centre will be re-opening soon. This year we will be opening on Saturday 11th March at 10:00. The day will start with the Junior Water Sports Club at 11:00.

This club is open to any junior who has completed a Kayaking Beginner's Course or minimum RYA Sailing Stage 2. This is a club that has been running for 8 years now and is designed to enable children to continue having fun on the water whilst learning new skills. It is a very popular club so booking in advance is advisable, it runs every Saturday from 11:00-13:00 throughout the season, cost £8 for members.

There has been a lot of planning and purchases throughout the winter months for the upcoming season at the Watersports Centre. Here are just a few of the things bought and on offer this year;

Purchases:

- 2 x New dragon boats complete with heads, tails and drums
- Two new engines for the very popular motor boats available to hire. We now buy two new engines each year to keep the motor boats running smoothly and increase reliability.
- New single and double kayaks to replace some of the popular ones that are a bit worn

Continuing offers & special events:

- Courses run through the Royal Yachting Association syllabus
- Courses run through the British Canoe Union syllabus
- Clubs for juniors and adults to continue to improve their skills
- Full holiday program for the children including: sailing courses, kayaking courses, fun weeks and raft building sessions
- London Youth Games trials and

training (dates and times to be confirmed)

- Birthday parties for Juniors and Adults ; choose from kayaking, raft building or on-land sports day fun
- We are here 7 days a week for members to take out boats between March-October
- Junior water sports taster day, Sunday 11th June – (Club day date). 11:00 – 15:00. Structured free sessions for the children to try sailing, kayaking or raft building. Must book in advance

Our new brochure for 2017 will be out by mid-February. There is a 5% discount on offer for any course booked before the 1st April. We will have limited spaces on our courses, so it would be advisable to book early if possible to avoid disappointment. Please contact the Watersports Centre direct on Tel: 020 8614 6554 to book any course, or for more information on what we have to offer.

As usual we are very excited about the season ahead, and look forward to seeing our members down at the Watersports Centre this season enjoying this lovely unique facility The Lensbury has to offer!

## Racquet Sports

### TENNIS CONTINUES TO GROW HERE AT THE LENSURRY!



2016 was a great year for The Lensbury Tennis Club. We had a huge number of adults and juniors playing tennis throughout our summer and autumn terms, whether it was in our thriving coaching programme, in our weekly club session or even just out on the courts playing with friends and family. It was great to see so many people playing and we hope you continue to enjoy your tennis and play through the spring term with us.

2017 will see some exciting projects for the tennis club. We are looking into the repainting of the roadside courts and the resurfacing of the artificial grass courts.

These courts will be replaced with a much improved and better quality surface. The Lensbury now offers tennis balls, grips and a restringing service through Members' Reception. Our new professional re-stringer, Tom Freeman, has restrung racquets at the Wimbledon Championships, at ATP Tour events and has a wealth of knowledge and experience.

The adult and junior coaching programme starts up on Monday 9th January and finishes on Saturday 1st April (Half Term: Monday 13th – Sunday 19th February). We will be running our fun-filled half term tennis holiday camps from Monday 13th – Thursday 16th February.

If you are interested in our Tennis Club Membership please get in touch. We have some great benefits to this annual membership including Wimbledon ballot entry, discounted tennis balls, grips and restringing service.

We are currently setting up our junior and adult teams for the summer AEGON leagues. If you are interested in playing please let us know. We are always looking for new players to join us.

For more information on all the tennis areas mentioned here at The Lensbury, please contact either Members' Reception or our friendly tennis team on 020 8614 6412.

### SQUASH NEWS

A warm welcome to our new squash members who joined us at the end of last year. This has now created a 1st and 2nd Lensbury men's team.

We currently run a weekly club night on Mondays 19:30-21:30. If you are interested and can play a match, please come and join us. There are also box leagues and men's teams running throughout the year.

We also run a junior squash coaching programme.

This currently takes place on Wednesdays and Saturdays. If you would like some more information and help setting up a FREE TRIAL session for our junior programme please contact our Racquets Manager on 020 8614 6412.

If you are an adult and looking to get into squash or brush off the cob webs, please let us know as we would love to help you get back out on the courts.



# New Blitz Class Schedule for 8 - 13 year olds

Starts 30th January 2017 - free classes book at Members' Reception and online

Monday	Class	Location
16:00 16:30	Blitz Cycling (age 8-10)	Cycle Studio
17:00 17:30	Blitz Cycling (age 11-13)	Cycle Studio
18:00 18:45	Blitz Connexus & Cardio-Wall	Studio 1
Tuesday		
16:00 16:45	Blitz Dance	Studio 1
17:00 17:30	Blitz Cycling (age 8-10)	Cycle Studio
Wednesday		
16:00 16:45	Blitz Connexus & Cardio-Wall	Studio 1
17:00 17:30	Blitz Speed & Agility	MUGA
17:45 18:45	Blitz Touch Rugby	MUGA
Thursday		
16:00 16:45	Blitz Circuits	Studio 1
17:00 17:30	Blitz Cycling (age 11-13)	Cycle Studio
Friday		
16:00 16:30	Blitz Cycling (11-13)	Cycle Studio
17:00 17:30	Blitz Cycling (8-10)	Cycle Studio
17:45 18:45	Blitz Football (Short Games)	MUGA
Saturday		
11:30 12:15	Blitz Handball (Short Games)	MUGA
12:30 13:30	Blitz Speed and Agility	Studio 1
Sunday		
<b>No Blitz Classes</b>		

## Fitness for Juniors

The benefits of physical activity for improved health and well-being in adults has been well documented. However, the emergence of the benefits for juniors and adolescents have only recently been promoted with the surge in paediatric obesity and other lifestyle related diseases. Our plan is to improve the fitness and well-being of our junior members to set them up for a bright and healthy future as well as improve social skills and boost self-esteem.

The Blitz at The Lensbury has seen many changes, with the offering moving to Studio 1 as part of the overall Lockside refurbishment in 2015. We have recently made a further improvement with the introduction of the Matrix Connexus into the Studio; a functional cross training kit that enables individuals or groups to work on strength, flexibility and agility.

2017 sees some exciting changes to the programme with a class programme to utilise the new Connexus and Cardio Wall, multi-use games area (MUGA) and studio equipment as well as a change in the age limit for participants. From 30th January 2017, any member between the ages of 8 and 13 years old are able to benefit from our Blitz fitness programme.

Junior members can now take part in Blitz cycling, an opportunity to improve fitness whilst using the world famous MyRide virtual system.

\*Improve sports specific skills such as speed, agility and power with our Matrix Connexus and learn to work as a team in social games such as Football and Handball. All classes are bookable online or at Members' and Lockside Reception with a capacity of 14 individuals per class. Please see above the schedule and brief description of the classes. For more information please contact the Fitness and Studio manager at [lucy.brown@lensbury.com](mailto:lucy.brown@lensbury.com).

\*Please note acceptance into the Blitz Cycling classes is dependent on height and limb length. This can only be determined by the cycling instructor whilst setting up members on the bikes.

### Class Descriptions

<b>Studio Cycling</b>	Check out our cycling studio and be guided through a 30 minute workout including virtual scenery, high-tech lighting and high tempo music.
<b>Cardio Wall</b>	Come and improve your reflexes and reaction time!
<b>Dance</b>	Learn some dance moves and various routines for a fun workout to improve your fitness.
<b>Connexus</b>	Connexus offers broad training opportunity using bars, bands, med balls, boxing bags and more.
<b>Speed and Agility</b>	Move like an athlete and improve sports specific skills.
<b>Touch Rugby</b>	TRY your Skills at the line.
<b>Circuits</b>	Enjoy a workout that utilises the whole body to improve your fitness.
<b>Football</b>	Come and have a social kick around and short game.
<b>Handball</b>	Use your coordination to play handball.



# Free Children's Activities



## Coming up this Spring; Free Children's Activities

<b>Monday</b>	<b>10:00 – 10:45</b> Play and Sing Along 18 months - 4 years  <b>16:15 – 17:15</b> Kids Football (bring along shin pads and a bottle of water) 5 - 7 years
<b>Tuesday</b>	<b>13:45 – 14:30</b> Messy Painting and Drawing 2 - 4 years
<b>Wednesday</b>	<b>10:00 – 10:45</b> Messy Painting and Drawing 2 - 4 years
<b>Thursday</b>	<b>16:15 – 17:45</b> Kids Club 5 - 10 years (Games Arts and crafts)
<b>Friday</b>	<b>17:15 – 18:15</b> Elspeth's Theatre Club age 7+
<b>Saturday</b>	Movie Morning (see table below)

### New movie mornings

Dates for your diary from 09:00 to 11:00 the first Saturday of each month. The movie will be posted on the notice board prior to event ready for you to book. Please book in advance to secure the running of the movies.

January	February	March	April	May	June	July	September	October	November	December
7th	4th	4th	1st	6th	3rd	1st	2nd	7th	4th	2nd



## EASTER PICTURE HUNT

Friday 14<sup>th</sup> April 2017

Join us in The Lensbury grounds from 11:00 - 12:00 to hunt for the pictures and get great Easter treats.

All ages welcome.  
Free entry.

Book your free place at Members' Reception or call us on 020 8614 6420.

An evening of classical elegance

LIVE BANDS — ENTERTAINMENT  
FIREWORKS — EXQUISITE BUFFET  
CREATED BY OUR  
EXECUTIVE HEAD CHEF

*The 36th Annual  
Lensbury Ball*

*Friday 30<sup>th</sup> June 2017*

TICKETS AVAILABLE FROM HOTEL RECEPTION  
OR BY CALLING US ON 020 8614 6400

# Members' Event Calendar

JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE
1st New Year	4th Kid's Saturday Movie	1st St David's Day	1st Kid's Saturday Movie Spring Handicap Finals Day	1st May Bank Holiday American Mixed Doubles Tournament	3rd Kid's Saturday Movie
7th Kid's Saturday Movie	8th Members Meeting with CEO and managers	4th Kid's Saturday Movie	3rd Easter Holiday Programme starts	1st Temporary Members' Reception opens	11th Club Day
9th New children's activities starts Spring Tennis and Squash Coaching Program starts		7th Members Meeting with CEO and managers	11th Members Meeting with CEO and managers	6th Kid's Saturday Movie	13th Members Meeting with CEO and managers
11th Members Meeting with CEO and managers	13th Kids Holiday Half-Term Programme starts	11th Watersports Centre opens	13th Lensbury Open Tennis Tournament: Open for Entries	9th Members Meeting with CEO and managers	18th Father's Day Lunch
15th Spring Handicap Tournament Entry Deadline		17th Bridge Supper	14th Good Friday Easter Picture Hunt	12th Spring BBQ & Jazz Night	
	18th Kids Holiday Half-Term Programme ends	17th St Patricks Day	16th Easter Sunday Lunch	21st Tennis Club Championships entry deadline	
27th Burns Night		26th Mother's Day Lunch	18th Summer Tennis and Squash Coaching Program starts	22nd Lensbury Open Tennis Tournament: Closed for Entries	26th World Para Athletics Championships
	28th Pancake Day (Member's races)		23rd St Georges Day	29th Spring Bank Holiday The Lensbury Tennis Open	27th New Member's Reception and Dinner open
30th New Blitz Programme starts		30th Easter School Holiday starts	27th New Spa opens		30th Summer Ball
			28th Quiz Night		

## Holiday Homes

This section is for members to advertise their own holiday homes for rental. Please send copy (20 words max, no photos) to our sales department (contact sales@lensbury.com). The charge is £30 per ad, per issue. Payments can be made via bank transfer or by debit card on the phone or in person. For more details on payment please contact lensbury.admin@lensbury.com.

**UK** DORSET: Burton Bradstock, 5 luxury holiday cottages in tranquil setting sleeps 2-18. Golf course, village pubs, Jurassic Coast and beach with award-winning cafe all in walking distance. Short breaks available www.norburtonhall.com or email info@norburtonhall.com.

**IT** ITALY: Rome holiday flats with nightly rates from €100, minimum 4 nights stay. Quote Lensbury for 10% discount www.rentintestaccio.com Email: rentintestaccio@gmail.com Phone Sandra: 07749 789630

**ES** SPAIN: La Antilla - Costa de la Luz. Spacious penthouse apartment (3 bedroom/ 2 bathrooms) with stunning sea views. Recently totally refurbished and with heating and air conditioning in all rooms. A wide sandy beach, excellent seafood restaurants and small shops nearby. Phone: Peter 07990 832476 Email: petercorey@blueyonder.co.uk

## Chocolate Cookies by Chef Antonio Teles

To prepare and enjoy these delicious Chocolate Cookies by Chef Antonio Teles from The Lensbury Pastry Kitchen, you will need:



- Butter 250 gms
- Sugar 150 gms
- Flour 300 gms
- Baking Powder 14gms
- Dark Chocolate 100gms
- White Chocolate 100gms

1. Beat the Butter until soft add sugar, flour with baking powder, a pinch of salt, beat till mixed well but not fluffy.
2. Mix in the chocolate pistols.
3. Roll in the shape of a log, freeze to cut into a round discs approx. 3cm thick and 7cms wide.
4. Place on parchment paper lined tray and bake at 150C for 9 mins.



THE LENSURRY

Broom Road, Teddington  
Middlesex TW11 9NU  
t 020 8614 6400  
f 020 8614 6445  
w www.lensburyclub.com  
e enquiries@lensbury.com

MEMBERS' RECEPTION	020 8614 6420	(members.reception@lensbury.com)
MEMBERSHIP APPLICATIONS & QUERIES/EXTRA GUESTS	020 8614 6466	(membership@lensbury.com)
SPORTS BOOKINGS	020 8614 6468	
CRECHE BOOKINGS	020 8614 6420	
HEALTH AND FITNESS RECEPTION (SWIMMING POOL & FITNESS)	020 8614 6550	
HEALTH AND FITNESS GYM (PERSONAL TRAINING)	020 8614 6552	(healthandfitness@lensbury.com)
SPA BOOKINGS	020 8614 6411	(spa.reception@lensbury.com)
WATERSPORTS CENTRE	020 8614 6554	(watersportscentre@lensbury.com)
BEDROOM RESERVATIONS	020 8614 6444	(reservations@lensbury.com)
RESTAURANT BOOKINGS	020 8614 6402	
CONFERENCE CENTRE BOOKINGS	020 8614 6500	(conference.reception@lensbury.com)
PRIVATE FUNCTION BOOKINGS	020 8614 6500	(events@lensbury.com)
CLUB GENERAL MANAGER	020 8614 6550	(sunny.judge@lensbury.com)
HOTEL GENERAL MANAGER	020 8614 6452	(ivor.turner@lensbury.com)
CHIEF EXECUTIVE	020 8614 6441	(lacy.curtis-ward@lensbury.com)
LENSURRY NEWS	020 8614 6421	(lensbury.admin@lensbury.com)

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To use the Members' Area of the website you will first need to register. Go to www.lensburyclub.com, in the login panel across the centre of the page click on 'Register', fill in your name, membership number, email address and password. Your registration will be approved by The Lensbury within 24 hours and you will receive confirmation of your website account by email. Enter your email address and password in the login panel on the website and you will be logged in and able to use all the added benefits.