

play

relax

work

eat &amp; drink

## MyRide® - Tour the World!

The most powerful, virtual experience of indoor cycling.

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PowerBright's new products are launched in the Spa.

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Professional recognition for in-house team!

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## Christmas Day at The Lensbury

This year will be open for Christmas Day Lunch.

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THE LENSBURY

# Lensbury News

• Issue no. 90 • Autumn 2015



## An Evening of Classical Elegance

The Lensbury Summer Ball 2015, was undoubtedly one of the highlights of the year. A clear, warm, bright summer's evening saw guests and members welcomed to the event by Pipe Major, Steve Duffy; and of course with the obligatory glass or two of bubbles. It was an evening of great music, great company and fantastic food.

For many, the musical highlight was the performance of the 25 strong Orchestra Vitae, who performed two sets over the course of the evening. Formed only a year ago they are young musicians of the highest calibre,

the oldest being only 30 years of age.

They have a philosophy that celebrates their love of music and performance, always looking to add something new into their music. I think that everyone who watched them that night will agree that they had certainly achieved that aim.

The centre piece of the event as always, was the food, and Executive Head Chef Gerard Quadros and his team provided guests with a sumptuous feast, rich in colour and flavour. It was cooking, like the music, created with passion.

It was all about the detail, which included the way that the rooms were subtly dressed, by Martina and Ross, with flower arrangements designed to look like World Cup rugby balls.

At 21:43, diners were both surprised and wowed as all of the candelabras on every table simultaneously burst into frothing white fountains of indoor fireworks.

It was a spectacular way to let guests know that Orchestra Vitae were ready for their second set. This time, their music was set to the choreographed flash of a

stunning firework display, which lit up the night sky. The very talented young soprano gave us a tingling rendition of Jerusalem before finishing off their performance with Union of the World. It was 23 minutes that I'm sure everyone who witnessed it, will long remember.

Dining resumed as guests hit the dance floor when the band picked up the tempo with some very funky refrains. The evening ended with guests dancing to the DJ, right up until it was time to head for home.

Don't forget to put next years' date in your diary, Friday 1<sup>st</sup> July, 2016.

## Opening of the New Heavy Weights Gym by Bill Beaumont and Dr Tania Mathias

Former England rugby great Bill Beaumont and Dr Tania Mathias, the newly elected local Member of Parliament, visited The Lensbury on the evening of the 19<sup>th</sup> May 2015. The event was to officially open the new Heavy Weights Gym and Water Sports changing rooms.

After cutting the ribbon to open the facilities, Beaumont went on to say a few words to the members and guests. "I've been coming to The Lensbury for many years now and I've always felt an affinity with the place. When you are here it's hard not to notice so many positive changes that have taken place over the last few years. It's been

fascinating to watch The Lensbury grow into what it is now; a superb members club and a fully fledged Team Base for the Rugby World Cup, as well as being the base for the RFU Sevens."

He went on to point out how the game had changed since his day. "Aside from anything else, the players are so much fitter now than we were. They are supremely fit elite level athletes. As fit as they are though, I still wonder just how the modern players can lift such weights!" Bill and Dr Tania Mathias both did photo shoots with many of the guests and then spent time chatting with them along with Rob Andrew,

RFU Professional Rugby Director and Simon Amour, the RFU Sevens Head Coach.

It was a pleasant and relaxed couple of hours which saw members socialising with senior managers from the RFU and the local Member of Parliament, whilst enjoying springtime refreshments.

The Heavy Weights Gym will be open to members from 1<sup>st</sup> November onwards when the leisure team will organise workshops and personal



training sessions. Further information will be available later in the year.

View the photos from the event at [www.lensburyclub.com](http://www.lensburyclub.com).



Dear Member,

The Lockside Refurbishment Project has almost finished with some snagging and roof works still left to do. The official opening was on 27<sup>th</sup> July with Mr Mark Foster, one of the UK's most famous swimmers and we were delighted he could "cut the ribbon" for us.

The new pool and Thermal Suite has drawn an overwhelming number of compliments with one member summing up all the comments with "Wow, it was worth the wait". The view of the River Thames from the pool is stunning and our Head Gardener has plans to enhance the view from this window with three season colour. The old willow tree will be coming down shortly and a new planting scheme will be introduced into the area. The Thermal Suite has been a popular addition to the facilities with many using this area – the scents in particular have drawn a lot of favourable comments as well as the design of the Suite. The addition of the new pool side shower has also encouraged showering before entering our beautiful pools.

The new changing rooms are open to all now with the recent completion of the Family and Disabled Changing Room. The Cycle Studio offers a new exercise experience – both of the high tech and low tech variety. Our studios have been enhanced with new ceilings, lighting and temperature controls as well as new decoration. Our thanks to the architects and design team who have given us a super looking new facility and to the engineering teams who have made it all work. Thanks to the Members for co-operating so patiently with the changes.

Our Watersports Centre has been exceptionally busy and successful this year – winning Gold in the London Youth Games in kayaking and a Gold and Silver in sailing. The efforts of the team from The Lensbury put Richmond as the overall winner and we are so proud of the whole team, as always!

The pitch work has finished and we are letting Mother Nature do her part now. Fibresand pitches have to have new surfaces every two years (due to the gouging and dents created by heavy rugby players) and we have put on a new surface, as per the schedule. When we originally built the pitch we put on a "practice surface" as opposed to a "play surface" and we have taken the opportunity to upgrade the surface with this refurbishment work as well as improve the drainage. We are in the "grass growing" phase now and the pitch will stay covered with "grow sheets" in order to keep the foxes and geese from disturbing the new grass. Needless to say humans have to stay off it too!

We are also putting the final touches on our planning for the arrival of the New Zealand and South African national sides for the 2015 Rugby World Cup. It is all very exciting because as well as being the home away from home for these two fine teams in the knock out stages, we have also been selected as one of the four sites to house teams in the quarter finals (and possibly down to the finals). The flowers this year have been chosen to reflect the South African and New Zealand flag colours as a tribute to our guests.

Many of you ask about the HAM Hydro issue and we have nothing new to report at this time. We will let you know once we have something to update on this matter. In the meantime, have a lovely rest of the summer.

With warm regards,

Lacy Curtis-Ward

## Autumn Accommodation Offers

### Fireworks Night Weekend

Our annual fireworks spectacular is set to take place on the 6<sup>th</sup> November this year, and will feature all the usual rides, stalls, food and fun that make this our most popular yearly event.

With homemade mulled wine and freshly cooked food available to purchase and fun stalls and entertainment around the grounds – there is plenty to keep you busy until the main fireworks display begins.

Available as a one or two night package and in any choice of room – take advantage of these very special rates and enjoy a well earned weekend break.

	Members 1 Night	Guests 1 Night	Members 2 Nights	Guests 2 Nights
Standard Single	£80	£99	£150	£185
Standard Double	£99	£125	£175	£210
Superior Single	£99	£125	£175	£210
Superior Double	£115	£139	£215	£240
Executive Room	£160	£185	£300	£345

### Winter Warmer 2 & 5 night Offer

Join us at The Lensbury this winter and take advantage of our special two and five night breaks. Enjoy a walk along Teddington's unique High Street for Christmas gift ideas, take a winter walk along the river to Richmond or take a train into London city centre.

For the two night offer choose from either our signature hot chocolate in the Lounge on arrival, or a bottle of red waiting in the room. When booking our five night offer you can enjoy both of these winter treats with our compliments.

All rates include full English buffet breakfast; car parking, wi-fi and use of The Lensbury's recently refurbished leisure facilities.

All reservations must include a Saturday or Sunday evening.

	Members 2 Night	Guests 2 Night	Members 5 Nights	Guests 5 Nights
Standard Single	£145	£180	£340	£425
Standard Double	£190	£250	£425	£575
Superior Double	£220	£270	£475	£625
Executive Room	£350	£370	£860	£900

### Long Weekend Offers

Another popular offer returns to The Lensbury this fall. Book any two weekend nights on our Members or Guest rates and receive the same discounted weekend rate for the Monday and/or Thursday.

### Advance Purchase Rate

Book from 4 weeks in advance and receive a 12% discount on your total accommodation stay. Full prepayment is required at the time of booking and is non-refundable. Bookings may be transferred depending upon rate availability.

T&C's

- All bookings are limited and subject to rate availability.
- Offers cannot be used in conjunction with accommodation vouchers or any other offers.
- No offers or promotions are available from Sept 14<sup>th</sup> – 31<sup>st</sup> October inclusive.
- All rates are package totals unless otherwise stated.



## Lensbury Athlete Attracts International Recognition

Sitting outside on the terrace overlooking the river on a warm Summer's day and you can tell that Lensbury member Amelia Miller is in a rather good place. She wears a warm smile and has an infectious enthusiastic manner. And for good reason; the eighteen year old has been selected to represent England at the U19 Lacrosse World Championship in Edinburgh in July.

"I played for England in a couple of Home International matches earlier this year but this is another level, it's something else," she says. "Even when we just put on the uniform and walk onto the pitch it looks so professional."

Fifteen national teams will be competing in Edinburgh with over 400 athletes taking part. Teams are coming from as far afield as Korea, Australia, Japan, New Zealand, Colombia and the US. The sport was originally played by Native Americans and could go on for days, with the hard ball and flying Lacrosse sticks injuries are still fairly common.

"There is even a Native American team coming over, which is amazing.

It can get quite rough, the ball is made of lead with rubber wrapped around it and it really hurts when it hits you. I'm a defender so that's kind of my job. As a defender it's usually me that gives the bruises. I wear goggles now, ever since I saw someone get hit in the eye. It's not nice. You get to see quite a few broken noses along the way."

Amelia has been playing Lacrosse since she was 11 years old. "It was our school game and everybody played it. I don't think that I was very good at first but the more I played it the more I loved it. I've put a lot of hard work into it."

Amelia has been a Lensbury member since 2001, "Since I was about three years old!" She can be found in The Lensbury gym most days. "I love the new gym, it's brilliant and it looks amazing. The facilities here are fantastic. Me and a few friends kayaked up to Kingston the other day, which was the perfect thing to do on a really hot day."

All of us here at The Lensbury would like to wish Amelia and her team mates every success in Edinburgh.

## Bees and The Lensbury

Many of you know that The Lensbury keeps honey bees who live in two hives on the roof of our Conference Centre. They are looked after by our beekeeper, Peter Taylor, who works in our Facilities team as a carpenter. Pete has been in training for a year with his "bee mentor" and is a natural "bee whisperer", so much so, that our Pest Control company now call him out when they are asked to deal with a bee swarm. We have recently had two swarms here at the Lensbury and Pete has been on hand to deal with these visits by "foreign bees". The two swarms have not been Lensbury bees but other honey bees living in the neighbourhood that have been "blown off course". This usually happens during or after windy days. The Times newspaper and local news have been carrying a number of

stories lately of increasing swarms in wider London, due to the increase in domestic beekeeping. We are lucky to have on staff someone who can deal with these swarms at very short notice. Pete collects the swarm, contains them in cardboard boxes and works with his bee mentor to "re-house" them with other local bee-keepers. Should you see a swarm, anywhere, just remain calm and stay away from the bees – waving them away can upset them.

We are pleased to confirm that one of the swarms has been with a local bee-keeper to get settled in a hive and will be returning to The Lensbury in the next few weeks fully domesticated!



A festive way to start the season



## Christmas Carvery

6<sup>th</sup>, 13<sup>th</sup> & 20<sup>th</sup> December 2015

Three course carvery and coffee with crackers and party boxes. A visit from Father Christmas for the young diners.

Adult	£27.95
Under 9	£15.50
High Chair	£3.75

12:30 START – SEATING TIMES BOOKED WITH HOTEL RECEPTION.

Tickets available from Hotel Reception or by calling us on 020 8614 6402

Celebrate in style at The Lensbury



## Christmas Party Nights

Our Christmas Party Nights are as popular as ever. The Shared Party Night package includes: a glass of Prosecco on arrival, three course dinner with coffee and mince pies, half a bottle of wine, disco, crackers and novelties.

3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup>, 12<sup>th</sup>, 16<sup>th</sup>, 17<sup>th</sup>, 18<sup>th</sup> and 19<sup>th</sup> December 2015

Wednesday and Thursday	£54.95
Friday and Saturday	£61.50

Reserve your place now to avoid any disappointment

To make a Party Night reservation contact our Christmas Co-ordinator on 020 8614 6500 email: [christmasparty@lensbury.com](mailto:christmasparty@lensbury.com)



## Club Day by Jo Howitt

Another successful club day took place on Sunday 5<sup>th</sup> July with a huge member turnout. After a slow weather start, we were toying with wet weather plans, but come 11:00 it was starting to turn our way. By noon the clouds had passed and the members came flooding in.

With plenty to do for all ages from tea cups and pony rides, to strong man strikers and earth ball games, there was a fun atmosphere created. Havana Good Times kicked off with their 14 piece salsa band which was certainly helped by burgers, Pimms and sunshine. From the toe tapping and hips jiggling, we hope to see a demand for salsa nights on the members events.

It was most entertaining to watch the adults having a go at the tightrope, juggling or being very competitive on the 'last one standing' inflatable challenge. There have been numerous requests that this ride makes a return on Fireworks Night...so don't miss out.

Thank you to all our members who supported our annual event - it would be nothing without you and we look forward to next year.

# Completion of the Lockside Development

Lockside had its official opening with Mark Foster cutting the red ribbon. The final weeks of the project have seen the refurbishment of the Family Change Room, the main corridor toilets, the opening of the Cycling Studio, the opening of the Staff Changing Room, the new air conditioning and ceiling in Studio One, the new ceilings in the Gym and Studio Two, as well as the progress on the new roof. A bit of snagging work by the builders remains, as well as the final element of the roof works. We are delighted with the new facility. One member summed it up by saying "It was worth waiting for".

Members were invited to a swimming demonstration by the Swimming Nature team in the pool and Mark Foster signed a congratulatory picture for us to add to our Lensbury sporting memorabilia collection. His picture will join the other new additions to the collection, the signed 2015 Madrid Open programme by

Andy Murray and the signed golf glove by Sir Steve Redgrave, all of which will hang in the main corridor of Lockside.

Studio Cycling classes will be starting in the new bespoke studio the week of 3<sup>rd</sup> August. The significant investment in the virtual MyRide<sup>®</sup> system, along with the new lighting and music systems will bring a new experience to studio cycling enthusiasts – old and new. Virtual classes will also be offered starting in the Autumn. The studio can be used with our instructors or as a virtual experience, with an International Master Trainer.

The new swimming programme will be in full swing for September. The programme has been heavily subscribed new session have had to be added. Swimming Nature, in collaboration with the teachers, are also offering places on a new Development Squad. This is a

continuation of the successful Swim Clinics with an element of coaching on specific techniques. A grasp of all four main swim strokes is required from students as a prerequisite for getting on the Squad. The online booking system is a big hit and the data capture during the set up stage, enables a sophisticated ease of use for bookings.

Members of The Lensbury Board attended the event and assisted with the cutting of the opening ribbon. We are grateful for all their support in making the refurbishment work possible. The Lockside Project brings the completion of the estate wide "major projects" refurbishment cycle, which has gone on for the last three years. There are more works planned, for example on the children's playground next year, but will be smaller in nature. Thank you for your valued loyalty and we look forward to vastly enhanced leisure facilities for our members.

# Team Richmond Lift Regatta Cup at London Youth Games

The London Youth Games are the largest youth sports event in Europe, comprising of 85 events across 31 different sports. All 33 of London's boroughs are represented and last year over 126,000 young sportsmen and women competed in the games.

Richmond made a flying start to the 2015 edition by winning the water-sports title, The Regatta Trophy.

First onto the water were The Lensbury trained kayak team consisting of Callum Garforth, Leo Timlin and sisters Abigail and Lauren Avery.

All four put in strong enough performances in their opening two runs to make smooth progresses through to the finals.

Leo was first up, and a solid run saw him finish in seventh place overall. Lauren then started brilliantly but a sudden gust turned the front of her boat causing her to miss a gate. She quickly recovered but lost valuable time, coming home in second place, just a small margin adrift of the winning time.

Abigail then put in another great run securing fifth place, an amazing result for an 11 year old, competing against athletes up to 18 years old.

Callum was last to go and he took his chance well, grabbing a bronze medal position in the process.

The highly prestigious team event was decided by adding each team's three best runs of the day, which

was enough to see Richmond take the kayak title.

It was then the turn of the sailing team, who are also trained at The Lensbury. The pairing of Adam Walsh and Diya Yadav, both 14 years old, put in an outstanding performance to take the Gold Medal in the Mixed Pico event, while 12 year old Joseph Dorman showed courage and determination to claim bronze in the Junior Topper.

Overall the sailing team finished the event in 9<sup>th</sup> out of the 25 competing London Boroughs, which was enough for Richmond to secure the Regatta Trophy, which is awarded to the best overall team in the three water sports disciplines of kayaking, sailing and rowing.

All of the teams put an enormous amount of time and hard work into their well deserved victory, which is also a great testament to The Lensbury Water Sports team.

### Kayaking

- 2<sup>nd</sup> Lauren Avery
- 3<sup>rd</sup> Callum Garforth
- 5<sup>th</sup> Abigail Avery
- 7<sup>th</sup> Leo Timlin

**Team: 1<sup>st</sup> / 21**

### Sailing

- 1<sup>st</sup> Adam Walsh & Diya Yadav
- 3<sup>rd</sup> Joe Dormer
- 4<sup>th</sup> Erin Guy
- 7<sup>th</sup> Andrew Gatehouse
- 11<sup>th</sup> Will Lloyd & Georgia Small

**Team: 9<sup>th</sup> / 25**



From Left to Right: Callum Garforth, Leo Timlin, Rob Beer, Deputy Mayor of Richmond Jean Loveland, Abigail Avery, Lauren Avery.

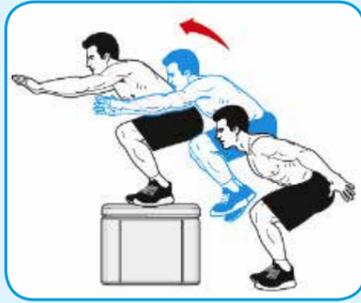


Adam Walsh and Diya Yadav

## Exercise of the Month

### Box Jumps

Box jumps are a huge part of rugby training, these exercises evoke power and strength, before performing any exercise remember to warm up correctly.



### How to perform the exercise

Place the box on a no-slip floor. Stand facing the box and approximately 3 to 6 inches away from the box. Position your feet hip-distance apart with your knees and toes facing forward. Rest your arms at your sides. Set your feet parallel with each other so your heels are not turned out or turned in. Bend your knees and swing your straight arms behind you. Lower your hips until you feel your heels lift off the floor. Forcefully push off the floor as you swing your arms forward and quickly jump onto the box. Land with both feet on the platform, your weight evenly distributed across your feet, your toes facing forward and your knees bent. Land with your knees facing forward, not turned in or out and keep your knees directly above your heels, instead of pushed forward toward your toes. Stand up completely and slightly push your hips forward. Lower your arms to your sides. Step down slowly with one foot at a time, maintaining an upright body posture and returning to the starting position.

### Proper Form

Jumping onto the box is the key, but safe jumps are essential. Instead of lifting your feet off the floor as if jumping rope, which limits your range of motion, push your feet onto the floor and propel your body upward. Jumping down off the box is not recommended as it carries a risk of injuring your Achilles tendon.

### Programme It

Begin with three to five box jumps. If three to five are easy, increase the number of repetitions. For example, perform five to eight box jumps. Continue to gradually increase the repetitions until you reach 12 reps. Then, add another set of 10 to 12 jumps. When that set becomes easy, add a third set of 10 to 12 repetitions. Perform box jumps one or two days a week. Plyometric box jumps use a lot of energy and, as a result, break down muscle fibers, so allow for at least two days of rest in between sessions for muscle recovery and repair. Stretch your quadriceps, hamstrings, calves and glutes after your box jump workouts.

## Tennis News

As part of the LTA's Great British Tennis Weekend The Lensbury opened its courts for everyone to enjoy exciting, fun and competitive tennis activities. The Lensbury Coaches, volunteers and over 100 players created a great atmosphere.

The Lensbury Open Tournament was also successful with over 200 players taking part in different age groups. Congratulations to Tom Miles (Lensbury tennis coach) who won the Men's Open Singles. Thanks to all the coaches and club member Warren Watson for their invaluable help.

During the week Marcus Buckland from Sky Sports filmed an interview with Michael Downey, the LTA's CEO about junior tennis in the UK. Marcus also interviewed some of

the young tennis players and their parents. This will be shown on Sky Sports during their coverage of major tennis tournaments

The nine Lensbury Aegon Junior teams, have played some great matches against other Middlesex clubs. All of the teams will have finished in the top 3 teams of each division. Thank you to all the players and also the parents who were taxi drivers and Team Managers.

The Men's 1<sup>st</sup> team have started well in their defence of their 2014 Middlesex League title. The home league matches are played on the riverside courts in the evenings –the weekly timetable of matches can be found on the Lensbury website <http://www.lensburyclub.com/sports-activities/racquet-sports/tennis/the-lensbury-tennis-club/>

Why not come along and support

your teams? Take part in our "Club Sessions" – organised social tennis? These sessions take place throughout the year, just turn up! A coach organises the sessions and balls are provided.

### Club Session Times

Tuesday	18:30 to 20:30
Wednesday	10:30 to 12:30
Friday	09:30 to 11:30
Sunday	10:30 to 12:30

Team practices for youngsters from aged 9 take place on Friday evenings during term time from 18:45 to 20:00. Speak to your coach to see if this is right for you.

### 12 Hours of Tennis Raises

### More Than Just Sweat

Congratulations to The Lensbury tennis coach Nick Hatchett who played tennis for 12 hours non stop in order to raise money for the Royal Marsden Cancer Charity. He started at 6:30 in the morning and the day ended with an exhibition doubles match when Nick was joined by 3 Men's first team players – Adam Hopkins, Jonny East and Max England.

Nicks says he started to feel tired in the 6<sup>th</sup> hour, exhausted by the 9<sup>th</sup> hour and on autopilot in the 12<sup>th</sup> hour!

He has raised at least £2,200 for the charity and would like to say a

massive thank you to everyone who took part and donated to The Royal Marsden Cancer Charity.

06:30 - Michael Dann  
 07:30 - Clive Smith  
 08:30 - Lindsay Robson, Martine Mellor and Karine Luckraft  
 09:30 - Ed Aldred  
 10:30 - Ruth Arnold, Nicky Ryan and Susie Ward  
 11:30 - John Leach  
 12:30 - Morag, Paul and Beth Turton  
 13:30 - Thomas de Gruchy, Olly de Gruchy and Fergus MacEacharn  
 14:30 - Karina Knights and Miles Heron  
 15:30 - Morag, Paul and Theo Turton  
 16:30 - Jill Hansel, Carine Brannan and Clemmie Foulser  
 17:30 - Men's 1<sup>st</sup> team Adam Hopkins, Max England and Jonny East



Nick Hatchett, Thomas de Gruchy, Olly de Gruchy and Fergus MacEacharn

For all the answers to your tennis questions please contact the Tennis Team on [tennis.manager@lensbury.com](mailto:tennis.manager@lensbury.com) or call 020 8614 6412.

Get your thinking caps on

# QUIZ

## Quiz Night

Friday 7<sup>th</sup> August

Thames View Suite

The Lensbury Quiz Night is a great evening to enjoy with friends and family. Arrival is at 7.30pm, we start the evening off with a delicious supper followed by a six round quiz, which begins at 8pm.

	Members	Guests
Ticket price (includes dinner)	£16.00	£20.00

*Teams of eight only, we can help you find partners.*

For more information or to book please contact Members' Reception or call 020 8614 6420



## Tour the world!

The most powerful, virtual way to experience indoor cycling Ever.

Introducing your brand new high-tech Cycling Studio at Lockside... 'Ride on in' - where will your imagination take you?

Imagine following the world's greatest cycle tracks, with terrain from canyons, mountainside to urban streetscapes – all from within the studio.

MyRide® is an immersive, high-resolution fitness adventure; the most challenging road races at a level to suit you. Thousands of preset challenges, stacks of music and real footage workouts so you can build your own cycle programme - no matter what your fitness level. All these fantastic options are available in conjunction with traditional instructor led classes.

### MyRide® Benefits

MyRide® offers all the cardiovascular and conditioning results you'd expect from a top class, indoor cycling programme: a stronger and healthier heart, improved blood flow, leg and core strength, body tone, a faster metabolism and increased energy.

What's unique about MyRide® is the enhanced sensation of forward motion and speed, the experience of riding a real bike and the eye-catching videography of stunning world locations. With these visual enhancements you'll work harder as

you actually sense the road or trail moving under and past you.

### What's Stopping You?

There is a range of 20, 40 and 60 minute classes and a virtual coach will coax you and push you to your max. There are also plenty of live instructor classes on the timetable keeping you motivated.

### Virtual Classes

Take a MyRide® class with your virtual coach on screen. Or jump into a MYSPORTIF class and ride with an audio coach to jaw dropping scenery. Your virtual schedule features fat burn, cardio, sports or interval classes. Virtual classes will be available in the new Cycling Studio from September onwards.

### Live Instructor Classes

Follow your instructor across the world's most breath-taking and challenging roads. They create the action and you burn hundreds of calories in the process.

### Get Started

People of all fitness levels can participate in MyRide® classes.

**The full schedule of cycling classes commence in the new Cycling Studio from Monday 3rd August 2015.**

## Fun in the Sun

### with The Lensbury Spa

#### New Product Launch

Pure Light SPF 50mls, RRP £49.40

#### Dermologica PowerBright TRx™ Combat Hyperpigmentation

Dermologica introduce the new PowerBrightTRx™. An advanced skincare trio of skin-brighteners, which incorporate the newest technologies to produce a more even and luminous skin tone. Contact The Lensbury Spa team for more advice.

This advanced daytime treatment moisturizer shields the skin from pigment-inducing UV light. The 100% chemical sunscreen base enables the use of a new Oleosome technology that boosts SPF protection without having to add higher concentrations of sunscreen agents.



Hyperpigmentation can occur at any time. The most common causes of hyperpigmentation are UV exposure, responses to cutaneous injury (wounds), hormonal factors and pregnancy.

Oleosomes are moisture-rich spheres made from Safflower seeds, resulting in a product that is more wearable and less likely to cause sensitized reactions in the skin.

#### Introducing the next era of skin brightening:

C12 Pure Bright Serum 50mls, RRP £76.40

This highly active topical treatment helps combat pigmentation imbalance with an exclusive combination of peptides, Rice-derived Phytic Acid, Zinc Glycinate, and Algae. In addition, there are key botanical extracts known to help control hyperpigmentation triggers on a cellular level. This serum absorbs quickly, while helping to increase skin luminosity. For best results, C-12 Pure Bright Serum is recommended to be applied to the skin prior to Pure Light SPFSO and Pure Night.



A powerful peptide helps regulate melanin production while a potent blend of Red Algae and botanical extracts helps balance uneven skin tone. Highly moisturizing and emollient, it blends invisibly into skin without leaving a white residue.

Pure Night 50mls RRP £63.80

A rich and nourishing overnight treatment that helps control the formation of melanin, restore skin luminosity and maximize the benefits of the PowerBrightTRx™ system while the skin is at rest.



Formulated with an active blend of Oligopeptide-34 and skin brightening Vitamin C. The Cranberry and Raspberry Seed Oils help restore critical barrier lipids, optimizing skin hydration and reducing the appearance of fine dehydration lines.



### Did you know The Lensbury offers Osteopathy?

Osteopathy is a primary health care system, complementary to other medical practices. It is suitable for almost anyone and can contribute to the treatment and management of a wide range of conditions. Osteopaths primarily work through the neuro-musculo-skeletal system, mostly on muscles and joints, using holistic and patient-centred approaches.

works, or can be considered, in isolation. Relevant psychological and social factors also form part of the process of patient diagnosis.

A wide range of gentle, non-invasive manual techniques such as deep tissue massage, joint articulation and manipulation are applied therapeutically.

A core principle behind osteopathy is the idea that the body is an integrated and indivisible whole, and contains self-healing mechanisms that can be utilised as part of the treatment. No part of the body

Osteopaths must be registered with the General Osteopathic Council in order to practice. Patients may be referred by their doctor, or may opt to see an osteopath independently.

Osteopathy	Steven Lauder	Thursday 6pm-9pm
Initial consultation	1 hr	£55.00
Follow-up	45mins	£45.00

A dazzling display of fireworks



# Fireworks Night

Friday 6<sup>th</sup> November 2015

Join us for a dazzling display of fireworks in a spectacular setting.  
Fun inflatables, entertainment, disco and hot food.  
Members Reception doors open to ticket holders at 17:30 hrs.  
Kids activities will start from 17:30hrs.

PURCHASE YOUR TICKETS BEFORE 1ST OCTOBER AND SAVE UP TO £1.00 PER TICKET

	Members	Guests
Adult	£9.00	£13.90
Children (aged 2-16 years)	£8.00	£11.50

Tickets available from Hotel Reception  
or by calling us on 020 8614 6402

## Well Done! Professional recognition for in-house team!



We are delighted to announce that Melissa Gillings, our Operations Manager and Martina Frick, newly appointed Food and Beverage Manager have been shortlisted for the prestigious miaList. This is organised by the mia (Meetings Industry Association), the recognised association for the UK Meetings Industry.

The miaList is a celebration for industry people to recognise stars. Originally created by the mia to mark its 21st anniversary, it is now a landmark annual industry event. This year, as the mia celebrates its 25th anniversary, the miaList will not only be a celebration for industry stars, it will also be a celebration of this milestone anniversary.

Melissa and Martina were nominated by their colleagues and beat several hundred applicants to make the shortlist. They attended interviews and filming in London in July and will attend the finalist

lunch on 28<sup>th</sup> September. This is superb recognition of their combined achievements in this sector. They are no strangers to awards as last October their Conference and Banqueting teams were shortlisted for the national M&IT awards.

The Lensbury, Conference Centre has 31 meeting rooms and has been accredited AIM Gold Standard. This is the highest standard in the UK industry and Melissa and Martina both worked hard with their teams to get The Lensbury Conference Centre to this level. There are currently only 22 accredited Gold venues in The UK.

We wish them both the best of luck and thank them and their teams for their continued enthusiasm and commitment to raise and maintain standards of hospitality at The Lensbury.

## The Ultimate Family Treat



# Beauty & The Beast

Monday 28<sup>th</sup> December 2015  
2pm - 3:30pm

This heart-warming and highly entertaining show is packed full of comedy, songs, adventure and audience participation.  
Beauty & The Beast will fulfil all the essential ingredients of any successful Christmas treat.

Ticket Price	Child (under 15 years old)	Adult
	£8	£1

Maximum of 2 adults per paying child ticket

For more information or to book please contact  
Members' Reception or call 020 8614 6420

## Chef's own Recipe of the Month

### British Plain Scones

Scones are a wonderfully British, delicious, teatime treat. There's a magic hour just after they come out of the oven when they are so heavenly I just can't imagine why anyone would prefer store-bought scones. Just remember that the less you touch the dough, the shorter and crumblier your scones will be.

#### Ingredients

Self raising flour	235g
Salt	A pinch
Cream of Tartar	A pinch
Butter	60g
Caster sugar	45g
Milk	75ml
Double cream	75ml
Free-range egg, beaten, to glaze (alternatively use a little milk)	One



#### Preparation method

1. Heat the oven to 220C/425F/Gas 7. Lightly grease a baking sheet.
2. Mix together the flour and salt, cream of tartar and rub in the butter.
3. Stir in the sugar and then the milk and cream to get a soft dough.
4. Turn on to a floured work surface and knead very gently or lightly. Pat out to a round 2cm<sup>3</sup>/<sub>4</sub>in thick. Use a 5cm/2in cutter to stamp out rounds and place on a baking sheet. Lightly knead together the rest of the dough and stamp out more scones to use it all up.
5. Brush the tops of the scones with the beaten egg. Bake for 12-15 minutes until well risen and golden.
6. Cool on a wire rack and serve with butter and good jam or maybe some clotted cream.

A great little tip if you don't want to bake a whole batch, freeze the scones after you've cut them out. That way, you can come home from work, pop the little rounds of frozen dough into the oven and cook them at 180°C/350°F/Gas 4 for 25 minutes or until golden and lovely.

# Members' Event Calendar

AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
	2 <sup>nd</sup> September - 8 <sup>th</sup> December Autumn Term		6 <sup>th</sup> Fireworks Night	3 <sup>rd</sup> - 19 <sup>th</sup> Christmas Party Nights
7 <sup>th</sup> Quiz Night	7 <sup>th</sup> - 13 <sup>th</sup> Wellness Week			6 <sup>th</sup> Christmas Carvery Lunch
	7 <sup>th</sup> Rugby World Cup Starts			13 <sup>th</sup> Members Christmas Carvery Lunch
24 <sup>th</sup> American Tennis Tournament	7 <sup>th</sup> Bart's Bash			20 <sup>th</sup> Members Christmas Carvery Lunch
31 <sup>st</sup> Summer Bank Holiday		26 <sup>th</sup> - 30 <sup>th</sup> October October Half Term		25 <sup>th</sup> Members Christmas Carvery Lunch
				28 <sup>th</sup> Beauty & The Beast Panto

## Christmas Opening Times

### Club House

24<sup>th</sup> December 7:00 to 23:30  
 25<sup>th</sup> December 7:00 to 23:30  
 26<sup>th</sup> December 7:00 to 23:30  
 27<sup>th</sup> December 7:00 to 23:00  
 31<sup>st</sup> December 7:00 to 15:00  
 1<sup>st</sup> January 2016 7:00 to 17:00

Food and beverage area times will be published in September on the website and posters.

## Christmas Day at The Lensbury



The first time for many years we will be open for Christmas Day lunch. We will be using the Dunbar Restaurant and half the Conservatory. We are all looking forward to welcoming you and your family. Tickets are limited to 100. Tickets can be purchased from hotel reception from 1<sup>st</sup> September.

### Starters

Pumpkin soup, truffle butter, sauté wild mushrooms, crisp parmesan and chive oil

Terrine of Scottish salmon, quails egg, caviar, crisp capers, fine leaves and lemon dressing

Symphony of tricoloured beetroot, rosary goat cheese, Lensbury honey, pecan nut crumble

### Main course

Traditional slow cooked bronze turkey crown, with braised leg bonbon, pancetta sprouts, chestnuts, cranberry sage stuffing, chipolatas, roast potatoes and turkey sauce

Pan fried Sea bream with spinach, lentil and butternut ragout, chestnut dauphinoise, thyme dried tomatoes and lobster cream

Baked British root vegetable pithivier with mushroom fricassee, Winter vegetable salad, and onion burgundy sauce

### Desserts

The Lensbury Christmas pudding, with cognac sauce

Warm Chocolate fondant, cardamom ice cream and orange pâte de fruit

Chocolate, salted caramel, chestnut mousse, crackling candy and hazelnut praline ice cream

Fruit salad with lemon sorbet

British cheese with crackers, chutney and caramelised walnuts

Freshly ground coffee and mince pies

### Christmas Day Menu £92.00 per person Under 16's half price



## Holiday Homes

This section is for members to advertise their own holiday homes for rental. Please send copy (20 words max, no photos) to Jennifer Maidment (jennifer.maidment@lensbury.com). The charge is £15 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 Jennifer Maidment.

**ISLE OF WIGHT:** spacious Victorian family home (sleeps 10) with large garden. 2 minutes walk to Bembridge (Sunday Times Top 5 Place to live by the sea) and 10 minutes to beach. Pets welcome. See [www.wightlocations.co.uk/cottages/east-wight/bembridge/orchard-house](http://www.wightlocations.co.uk/cottages/east-wight/bembridge/orchard-house).

**DORSET:** Burton Bradstock, 5 luxury holiday

cottages in tranquil setting sleeps 2-18. Golf course, village pubs, Jurassic Coast and beach with award cafe all in walking distance. Short breaks available [www.norburtonhall.com](http://www.norburtonhall.com) or email [info@norburtonhall.com](mailto:info@norburtonhall.com).

**CORNWALL:** Beach view house, Mawgan Porth, N Cornwall. Stunning sea views, light & spacious 4 bedroom detached house sleeps 9, large secluded garden. Huge sandy beach with lifeguard & surf school 300yd walk. 10 min drive from Newquay airport. Pets welcome. From £805/week. Please email [ctarnopolski@yahoo.co.uk](mailto:ctarnopolski@yahoo.co.uk).

**ROMANTIC RETREAT:** Near Old Heathfield, E.Sussex. Tranquillity and glorious view in

charming, fully-equipped self-catering studio. Beautiful area, pretty villages, easy reach many places of interest, walking, cycling, golf. E-mail [gilcade-eyrie@yahoo.co.uk](mailto:gilcade-eyrie@yahoo.co.uk); call (07990)742591 £42.50pn (two nights min), £120 three nights, £265pw

**FRANCE:** Alps, Morzine. Chalet / apartment (4 bedrooms / 3 bathrooms), terrace and jacuzzi. Sleeps 8/9. Walking distance to all amenities. Skiing (winter), swimming, walking, cycling, tennis, golf, rafting etc (summer). Tel: Paul 07970720716. [www.themorzinechalet.co.uk](http://www.themorzinechalet.co.uk)

**ITALY:** Rome, city centre, 2 apartments for holiday rental each sleeping up to four people,

with a 10% discount for Lensbury members. Tel: 07749790630 [www.rentintestaccio.com](http://www.rentintestaccio.com).

**PORTUGAL:** Three bedroom Quinta Do Lago villa. South facing garden / bbq / air-con / cable TV / DVD. Pools / tennis / Wi-Fi on complex. 50% golf discount. Close to beach/watersports/restaurants. 20 mins airport Email: [kandsglass@btinternet.com](mailto:kandsglass@btinternet.com) Tel: 01737 350086.

**BULGARIA:** GOLF & SKI Holidays in the beautiful Pirin Mountains, Bansko. 2 bedroom (4 beds) apartment with stunning views in select country club. Perfect for family holidays - summer; swimming, golf (2 courses), spa, cycling, walking, riding. winter: ski & snow sports. From £500pw. Tel: 07947 023503 / [www.bulgarianbliss.com](http://www.bulgarianbliss.com) / [info@bulgarianbliss.com](mailto:info@bulgarianbliss.com).

**TURKS & CAICOS ISLANDS:** Luxury Caribbean seafront villa with spectacular views, low-tide beach and coral reef. 4 double ensuite bedrooms, tropical gardens and swimming pool. Weekly BA direct flight or daily connections via Miami. Lensbury members' 10% discount. Contact [burrows\\_marcus@msn.com](mailto:burrows_marcus@msn.com)

**FLORIDA:** Tropical West coast. Luxury house on white sand beach. 30 min Tampa Airport. 4 bedrooms 3 bathrooms (one Art Deco style!) sleeps up to 12. Private heated pool, jacuzzi, BBQ, sports/beach equipment. swimming, fishing, diving, boating/jet skiing. Details / availability [www.eikobeachhomes.com](http://www.eikobeachhomes.com) Contact: (UK) 0207 352 2934 [liz@lizardrealty.comeiko.merlino@icloud.com](mailto:liz@lizardrealty.comeiko.merlino@icloud.com) (US) 001 727 455-2832



THE LENSURRY

Broom Road, Teddington  
 Middlesex TW11 9NU  
 t 020 8614 6400  
 f 020 8614 6445  
 w [www.lensburyclub.com](http://www.lensburyclub.com)  
 e [enquiries@lensbury.com](mailto:enquiries@lensbury.com)

MEMBERS' RECEPTION	020 8614 6420	
MEMBERSHIP APPLICATIONS & QUERIES/EXTRA GUESTS	020 8614 6466	( <a href="mailto:membership@lensbury.com">membership@lensbury.com</a> )
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	( <a href="mailto:healthandfitness@lensbury.com">healthandfitness@lensbury.com</a> )
SPA BOOKINGS	020 8614 6411	
WATERSPORTS CENTRE	020 8614 6554	
BEDROOM RESERVATIONS	020 8614 6444	( <a href="mailto:reservations@lensbury.com">reservations@lensbury.com</a> )
RESTAURANT BOOKINGS	020 8614 6402	
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PRIVATE FUNCTION BOOKINGS	020 8614 6500	( <a href="mailto:events@lensbury.com">events@lensbury.com</a> )
CLUB MANAGER	020 8614 6440	( <a href="mailto:sunny.judge@lensbury.com">sunny.judge@lensbury.com</a> )
HOTEL & CONFERENCE MANAGER	020 8614 6452	( <a href="mailto:ivor.turner@lensbury.com">ivor.turner@lensbury.com</a> )
CHIEF EXECUTIVE	020 8614 6441	( <a href="mailto:lacy.curtis-ward@lensbury.com">lacy.curtis-ward@lensbury.com</a> )
LENSURRY NEWS	020 8614 6421	( <a href="mailto:jennifer.maidment@lensbury.com">jennifer.maidment@lensbury.com</a> )

### LENSURRYCLUB.COM

Have you registered at [lensburyclub.com](http://lensburyclub.com)?  
 To use the Members' Area of the website you will first need to register. Go to [www.lensburyclub.com](http://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.