The New Spa Opens...

The new Lensbury Spa has had a very successful opening with over 350 bookings in the first few weeks.

The feedback on the new space has been very complimentary about the extra space and beautiful double size treatment room with new hydrotherapy bath and luxury bathroom.

The new relaxation room with a sculptural Himalayan salt tower and beautiful river views is an instant hit.

Due to the overwhelming popularity, the Lensbury Spa is offering a 30% Member discount for most treatments booked in August.

Additionally, we are holding a Grand Opening event on 19th September.

There will be an open house in the Spa from 6pm until 9pm with refreshments for all. No need to book – you can just turn up.

A special guest, Denise Leicester, founder of the superlative ila products, will be hosting 2 talks for small groups during the evening. Each group is limited to 15 participants and entry is £10 per person.

This includes a limited edition Spa goody bag and the full £10 fee is redeemable against any products purchased at the event.

Please contact the Spa on 020 8614 6411 to book your space.

New Dragon Boats

On Sunday 16th July, a group of 20 Lensbury members and Lensbury staff entered their first competition in our new Dragon boats. The Kingston Rotary Dragon Boat Challenge Event was held on the River near Kingston and 54 teams entered the competition.

The team trained weekly in all weathers since the arrival of the boats in April.

The format of the competition was to have 3 races throughout the day, each race was timed and a team’s best time would determine if they would be in the grand final. After three races the team improved beyond recognition and ended up with a best time of 57.18 which was 8th fastest overall! This was good enough to secure a place in the grand final.

9 boats lined for the final across the River, the pace was fast and furious and we lost our rhythm towards the end but we managed a very impressive 8th overall out of the 54 teams entered. We are very proud of the team and we will be in a much better position next year to aim for the podium with more training and the experience of this day behind us.

...continues on page 7
Dear Members,

Thank you all for being so helpful in carrying your member cards and swiping into the Lockside and our temporary Member entrances. The transition to the new arrangement went very smoothly with everyone’s cooperation.

The new Spa has opened with pleasing results and we hope to see you at the Open House in September to show off this new facility. As I write this, we are in final stages of Phase 2a of our Ground Floor Project and getting ready to open the new Rock Hall Room. It will have informal seating, vending machines/kitchenette as well as the soft play equipment.

The Lensbury was formed out of a number of private estates that were bought up over the years. At the founding, in 1919, the first two properties were the Dunbar estate and Rock Hall. We will be naming the new Phase 3 restaurant/function room the “Dunbar Room” and this new space, created in Phase 2, will be the “Rock Hall Room”.

The Rock Hall Room will have a small kitchenette (sink and microwave) and five new vending machines. There will be a “hot drinks” machine offering “bean to cup” coffee (in a variety of styles), tea and hot chocolate. There will be a cold drinks machine (smoothies, waters and sodas) plus two snack machines and a hot/cold food machine (stocked mainly with food from our kitchens, prepared daily).

The Rock Hall Room will be fully carpeted and will be a bright space with facilities for a number of uses – a quick coffee or smoothie, a light dinner, play time with the young ones or a place to chat when quiet descends. It completes a five year project to move staff offices and store rooms out of “prime real estate” in the Club and offer new/improved facilities. The current Ground Floor project will add, in the end, 400sqm of new space and facilities.

The new Dunbar Room and the new Members’ Reception will open in early September completing the £1.6 million spend.

The artificial grass tennis courts are being resurfaced and will be ready for play by the end of August. And I am pleased to report that our new Dragon Boat racing team, made up of staff and members, were placed 8th out of 54 teams at the event on 16th July. Well done to the whole team and their coaches! A great achievement for our first time in competition.

We are also in the throes of another phase of refurbishment of our hotel bedrooms.

Best regards,

P.S. Hard to believe, but Fireworks Night tickets and Christmas Day lunch and brunches are selling fast.

The Lensbury News Autumn Offers

1. Members Exclusive Discount

As a member of The Lensbury, all members and their families are automatically eligible for an exclusive 30% discount off the Best Available Rates. As the Best Available Rates are based on current occupancy levels, the sooner you make your reservations the better the rate you are going to receive!

Bookings can be made online by logging onto the reservations page of The Lensbury website and selecting the “best available rate”.

After selecting your room type and clicking Book Now, the My Booking section appears. In this section, enter the discount code into the relevant box and select apply code. Your member discount will now be applied.

The members discount code can be obtained by logging onto the Members section of The Lensbury website, and clicking on the Offers tab at the top of the screen. For more information please contact the hotel reservations team on 020 8614 6444 who will be happy to assist with any queries.

As with all offers and discounts, this offer is subject to rate availability and restrictions. This discount cannot be used in conjunction with any other offers or promotions.

2. The Lensbury Christmas 2017

Every year spending Christmas at The Lensbury becomes more popular; making this one of our busiest residential periods of the year.

To protect our Members from the increasing Best Available Rates on these dates we have created a special rate which is set, and can be booked at any time.

Due to the predicted demand for these dates we are offering an additional 3% discount for those who book prior to the 4th December inclusive.

Our very popular Christmas Lunch will be available for reservations, be sure to book early to avoid disappointment. For more details on this and other meals around the festive period please contact the hotel reception team on 0208 614 6400.

CHRISTMAS DAY LUNCH

Monday 25th December 2017

Three course carvery followed by coffee with crackers and party boxes.

And a special visit from Father Christmas for the young diners.

*Members only.

£102.95
£75.00
£37.50

Adult & Children 9+ Children under 9 High Chair

Tickets available from Hotel Reception or by calling us on 020 8614 6400.
Summer Ball 2017

Guests were welcomed by Steve Duffy, our Pipe Major, and the Lensbury circle was lit by large gas candles creating an impressive entrance to the Ball. As you entered, live music and beautiful flowers and decorative elements carried through the drama of the front entrance. The excellent buffets created by our Executive Head Chef and his team were impressive with food displays and ice carvings to wow the most discerning guest.

The food and beverage team and special events manager dressed the rooms tastefully in pink and black. The elegant flower arrangements were in subtle pinks and whites. The diners had a surprise when four of the “waiters” burst into a standing rendition of an operatic favourite. Later the outside entertainment started with selections by “Orchestra Vitae”. The 4 tenors Operatico, then joined the orchestra and sang a programme of more operatic highlights finishing with “Nessun Dorma”. Pyrotechnics and fireworks augmented the orchestra and singers to make a most awesome display to music.

Afterwards guests returned to the dining rooms to enjoy the seductive dessert tables before hitting the dance floor. Guests had a choice of a Ceilidh band or a live quintet playing modern favourites.

We say this each year, but the evening had lovely weather, elegant decorations, fantastic food, music and fireworks, probably one of the best Summer Balls ever. Do not forget to put Friday 29th June 2018 for the 37th Annual Summer Ball in your diary now. We have started planning it already!
Thank you to all members who took part in the annual Club Day! It was a wonderful event and great to see so many happy faces.

As always, the weather is a major contributor to the happiness and the skies were certainly kind to us!
Wellness Week 2017

Wellness Week is back and we urge you to take some time out to look after yourself and do something that makes you feel good! Starting on Monday 18th September, we have a week-long series of events devoted to exercise, lifestyle and wellness.

For 2017 we see the return of a Boditrax machine which will be situated on the gym floor. Boditrax machines provide a comprehensive guide to your body fat, BMR, visceral fat and muscle percentage and provides some of the most accurate body composition scans available. If you used this machine in 2016, it is a great opportunity to look back over the past year of training and see where you have improved and which areas you can focus your training efforts for the coming year.

For those of you who were not lucky enough to give the machine a go last year, please come and visit us in the gym and we will set you up, explain your results and provide you with the tools to make positive changes going forward. Boditrax will be at The Lensbury from Thursday 21st – Saturday 23rd September, no booking necessary.

Throughout the week we will have our unique Pilates Reformer equipment at Lockside, with demonstrations on how to increase your core strength and movement as well as £10 half-hour tasters. The fitness team will be conducting complimentary consultations including blood pressure and heart rate analysis and we will be running ‘FAST Classes’ on the Gym floor. These are 20 minute classes focusing on specific equipment and body parts, from kettlebells, to circuits on our Synergy kit and Abs classes. Pilates Reformer tasters, health checks and FAST classes are all bookable at Lockside reception.

A unique feature this year, sees us take our gym challenge outside for the ‘Lensbury Obstacle Challenge.’ Challenge a friend or take on a member of Lockside staff in our head to head obstacle race. Crawl, run, pick-up, shoot, throw and laugh your way to the finish line. The fastest male and female at the end of the week will receive an award. Come and visit us on the Lockside lawn on Tuesday 19th September and take part in the best challenge yet!

For more information on our wellness events or to book into sessions please contact Lockside Reception on 0208 614 6550 or email lucy.brown@lensbury.com.

Burns Night
Thursday 25th January 2018

An evening of tradition and fun honouring this Scottish poet, with all of the well-known ceremonies including Piping in the Guests, the Selkirk Grace, Piping in the Haggis.

Members
£51.00

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

Spa Sneak Preview
Treatment List

30% *discount on all treatments during the month of August
*excludes Specialist Body Treatments
Tennis and Squash News

It’s been a fantastic summer of tennis out on The Lensbury courts. The grass courts have been in superb condition and it has been great to receive so many positive comments. I’m sure Sir Andy Murray will want to do his pre Wimbledon training with us next year!

We have witnessed some great tennis at this year’s tennis Club Championships. The junior 8U, 9U and 10U events took place on Saturday 1st July and all other finals were played on Sunday 9th July. We were very lucky and had great weather for all of the events this year. Nick Hatchett heroically completed another 12hr tennis marathon for the Royal Marsden Cancer Charity during the championships. Well done to everyone who competed.

We would like to thank all the players and supporters who came to the events. It really helps make the occasions special for all involved. Congratulations to our men’s singles champion James Kober and ladies singles Champion Angharad Purser. To view all of our other finalists please visit the Lensbury Club website and head to the Tennis Club page.

The resurfacing of the artificial grass courts that started on the 25th July will take around 5 weeks to complete. Apologies for the inconvenience during this time.

We will have 4 top of the range artificial courts at the end of it for all to enjoy. Well done to everyone that has taken part in the junior and adult AGEON and Middlesex matches this summer. We have a few of our junior and adult teams currently topping their divisions with only a few matches remaining.

Squash News

The newly refurbished squash courts were in great condition for our 2017 Squash Club Championships. Well done to all the players that took part in the event. Especially, to our champion Matt Wilkinson. Thank you to all the players and supporters who came down for the finals night, we were treated to a great battle between Matt and James Morton (runner up).

Both the Lensbury 1st and 2nd teams have continued their winning winter form and are currently challenging for the tile in their respective summer leagues. Good luck to all those seeing out the season.

If you would like to get involved in squash lessons, camps, matches or events, please contact our Racquets Manager on 0208 614 6412 or scott.woods@lensbury.com.

Dates for your Diary

Monday 24th July
Summer Holiday Tennis & Squash Camps

Monday 28th August
American Mixed Doubles Tennis Tournament

Monday 4th September
Start of Autumn Tennis & Squash Term

Tennis and Squash News

Kids Karate Classes at The Lensbury

LONDON KARATE
GOOD MANNERS RESPECT DISCIPLINE

Classes held on Tuesdays and Fridays after school for students aged 4+

Contact us at:
07538 497 798
contact@londonkarate.co.uk
LondonKarateUK
www.londonkarate.co.uk

Contact us on 07538 497 798 or The Lensbury Members’ Reception on 0208 614 6420 for more information

Quizz Night

A great evening to enjoy with friends and family. A delicious supper followed by a six round quiz.

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

£18.00
Members

£22.00
Guests

Tickets available from Members’ Reception or by calling us on 020 8614 6420.
New Spa / Ground Floor Project

The Rock Hall Room has the relocated soft play equipment as well as a new vending machine and kitchenette and the informal seating from the Diner. For the first time, this wing of the Clubhouse will be fully heated and cooled with the latest technology creating a more pleasant environment and helping with our carbon footprint.

The new Members’ Reception continues apace with the new foundations, structural support, roof and flooring in. We will be opening this new Reception in early September, along with the introduction of new software for class/activities bookings and membership administration.

And the new Dunbar Room, in the old Diner/Sofa Play area, is in the early stages of its construction. This area had its key infrastructure systems replaced in 2014 so the work in this area is more cosmetic in nature. The new wood floor will be going in shortly as well as the refurbishment of the old oak panelling and the installation of the specialist lighting. Full redecoration, new furniture and soft furnishings will finish off this room for opening in early September.

Watersports news

If you would like to get involved in this fun filled water based fitness experience and be part of future teams, then please come along to one of the training sessions on Saturdays at the Watersports Centre between 2.30pm-4pm. Please talk to a member of the Watersports team for more information.

London Youth Games:

During June, The London Youth Games Kayaking Regatta was held at Royal Victoria dock and the Sailing Regatta was held at Queen Mary Sailing Club. The Lensbury members once again helped Richmond compete against the other 32 London boroughs in Sailing and Kayak Slalom. All of the competitors did extremely well and are getting better results with every year’s experience - winning individual Golds and Silvers, and achieving a Gold medal for the borough in the Kayak Slalom for the 4th year running, and 5th place for the borough in Sailing.

Summer courses continue:

The summer holiday junior courses are in full swing! With sailing and kayaking courses running every week from novice to advanced levels, they are a brilliant way for young budding water sports enthusiasts to get out on the water, have lots of fun and learn skills in the process. Other activities such as the Fun days and Mega Raft Build (every Friday) are packed full of fun. They are a great way to spend time with friends or to make new ones whilst enjoying the River Thames. Don’t miss out on these fantastic courses and activities.

Junior club sessions:

The Junior Watersports club sessions will continue to run until Saturday 29th October from 17:00 – 19:00 on Thursdays, 11:00-13:00 on Saturdays. No need to book just turn up! The club only costs £9 per session and is a fantastic way for keen kayakers and sailors to have fun and develop their skills.

For more information about any of the activities offered or to book a course please call the Watersports Centre direct on Tel: 020 8614 6554

With the summer in full swing don’t miss out on what your Watersports Centre offers, so come along, meet the team and get involved!
Members’ Event Calendar

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<tr>
<th>AUGUST</th>
<th>SEPTEMBER</th>
<th>OCTOBER</th>
<th>NOVEMBER</th>
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<tr>
<td>1st</td>
<td>New Rock Hall Room opens</td>
<td>3rd Fireworks Night</td>
<td>2nd Kids Saturday Movie</td>
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<td>Kids Summer Activity Sessions runs all month</td>
<td>4th Quiz Night</td>
<td>4th Kids Saturday Movie</td>
<td>2nd Members’ Christmas Carvery</td>
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<tr>
<td>Watersports Centre Activity programme runs all month</td>
<td>7th Kids Saturday Movie</td>
<td>12th Remembrance Day</td>
<td>10th Members’ Christmas Carvery Autumn Tennis &amp; Squash Term Ends</td>
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<td>2nd</td>
<td>Kids Saturday Movie</td>
<td>13th World Athletics Championships starts</td>
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<td>4th</td>
<td>World Athletics Championships starts</td>
<td>16th October Half-Term starts</td>
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<td>5th</td>
<td>Kids Saturday Movie</td>
<td>16th World Athletics Championships ends</td>
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<td>13th</td>
<td>World Athletics Championships ends</td>
<td>18th Wellness Week starts</td>
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<td>24th</td>
<td>Summer Holiday Camps ends</td>
<td>23rd Tennis Holiday Camps starts</td>
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<td>28th</td>
<td>American Mixed Doubles Tennis Tournament</td>
<td>26th Tennis Holiday Camps ends</td>
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<td>28th</td>
<td>Summer Bank Holiday</td>
<td>27th October Half-Term ends</td>
<td>27th October Half-Term ends</td>
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<td>30th</td>
<td>St Andrews Day</td>
<td>10th Members’ Christmas Carvery</td>
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Holiday Homes

This section is for members to advertise their own holiday homes for rental. Please send copy (20 words max, no photos) to eastsales 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 at Hotel reception. For more details on payment please contact lensbury.admin@lensbury.com.

NICARAGUA: Granada Beautiful colonial house in centre of historic town, 3 double ensuite bedrooms, balcony, garage, gardens and mirador. 360 degree view of Volcano Mombacho, Lake Nicaragua & the city. Nightly rates from £100, monthly from £1,300. Email: lesley.norris@me.com Phone: 07713 846499.

FLORIDA: Gulf beaches gorgeous 3 bed flat, 2 min drive from beach. Active tennis, gym + 2 pools. Email: graemekelly123@gmail.com

Recipe by Antonio Teles

Gooey Chocolate Fondant Pudding

Ingredients: Serves 4

1. 65g butter, chopped, plus extra for greasing
2. 65g dark chocolate (70% cocoa solids preferably), roughly chopped
3. 1 free-range egg yolk
4. 2 whole free-range eggs
5. 15g plain flour
6. 40g caster sugar
7. 5g Cocoa powder to dust
8. Pistachio Ice-cream/Ice-cream of choice or double cream, to serve (optional)

Method

1. Preheat the oven to 180C/350F
2. Place the butter and chocolate into a heatproof bowl over a pan of simmering water or gently microwave and melt.
3. Whisk together eggs, yolks, sugar and add sifted flour in gently.
4. Add melted chocolate and butter to the above, gently fold the mix.
5. Pipe or spoon in the mix into the moulds.
6. Place in the fridge to chill for 20-25 minutes or as long as you may need, if longer you could leave it at room temperature until it is ready to cook.
7. Remove from the fridge and place onto a baking tray. Put straight into the oven and cook for 5-7 minutes depending on the size of the mould.
8. Allow to rest for half a minute, then turn out onto individual serving plates.
9. Serve with a dollop of double cream or an ice cream of your choice.