

# TIDAL

ISSUE 02  
AUTUMN  
WINTER  
2023 / 2024

THE LENSBUURY MEMBERS' MAGAZINE

## SEASONAL ACTIVITIES FOR ALL THE FAMILY

### STORIES

NEW LOCAL  
PARTNERSHIPS AND  
CHARITY ACTIVITIES

### EVENTS

FILL YOUR CALENDAR WITH  
OUR FANTASTIC SCHEDULE  
OF EVENTS

### NEWS

A SNEAK PEEK AT THE  
NEW MEMBERS' LOUNGE,  
MEET YOUR NEW CLUB  
GENERAL MANAGER  
AND MUCH MORE



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THE LENSBURY



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# WELCOME

Welcome to the autumn/winter edition of TIDAL, the second edition of our new members' magazine. Thank you for all your positive feedback from the first.

What a busy year it has been. We hope you have noticed a variety of improvements – from the additions to the member events calendar, the new food & beverage offerings (refreshed All-Day menu and Deli offerings), and the launch of our F&B focus group – to name a few. There is a lot happening, and there is a lot to come. We look forward to presenting our annual members' survey, for you to share your views and to assist us in setting the direction of our lovely Club.

The highlight of this summer, for me, was the launch of our Riverside Weekender. Headliner Rick Parfitt Junior's immortal words "Lensbury, are you ready to dance?" will forever evoke our inaugural 'Lens-Glaston-bury' experience. The summer weekends saw our revitalised, newly branded Riverside bar filled with guests enjoying drinks, global street food and barbecues. We were delighted to enjoy an exclusive audience with Darren Shand, Greg Feeks and Dane Coles, the All-Blacks manager, scrum coach and hooker, expertly hosted by our very own Steve Hill. The evening provided a unique insight into the sport and this awe-inspiring team, all part of our strategy to bring exclusivity to the Lensbury membership, as we host these elite sports teams.

Personally, I was most proud to have been part of the intrepid line-up of staff and members who raised funds for our Charity of the Year, Friends of Teddington Memorial Hospital, by cycling 211 miles over three days to our sister property, the Mole Resort in Devon. It is fair to say that it was a challenging, beautiful, and bonding three days accompanied by weather warnings, punctures, blisters and

15% gradients, as we powered on to raise over £3,100 for this very worthy cause. Thank you to everyone who sponsored us; the link is still live if you would still like to contribute: <https://www.justgiving.com/page/thelensburycharitychallenge2023>

Darker nights and colder weather bring an opportunity for us to look forward to the many exciting events to brighten the winter evenings. Our 'Night at the Oscars' Fireworks were bigger and better than ever; Christmas crafting workshops bring a personal touch to your preparations; and our Great Gatsby-themed Christmas Parties on 1st, 8th and 21st December will be the opportunity to celebrate the season in style.

Looking ahead to the New Year I am delighted to, share the design details of our new Members' Lounge, opening in the spring, and look forward to being able to share updates on the co-working space, pending padel and pickleball court plans in due course. Such major enhancements to our facilities set the course for Lensbury's future development, with you, our members, at the core.

Last, but definitely not least, I am delighted to introduce our new Club General Manager, Luke Fenton, a very welcome addition to the senior leadership team.



Claire Llewellyn-Davis  
**Managing Director**



# CREATING A SUSTAINABLE FUTURE FOR THE LENSBURY & OUR COMMUNITY

**T**he Lensbury have teamed up with FuturePlus to create positive change and contribute to a more sustainable future for our Club, our employees, our members and guests...

Where sustainability is concerned, it is no longer good enough for businesses to claim they are doing better, they must prove that they are. This is why The Lensbury has partnered with FuturePlus to help us measure our success by defining our goals across five key themes: climate, diversity & inclusion, social, economic and environmental. The Lensbury team has set a series of ambitious targets and commitments for each of these important areas and will be working towards these targets over the next few years.

A better future is dependent on a collective contribution to positive change from us all – our team, our members, our guests and our suppliers.

## **Climate**

We are committed to reducing our impact on the climate and lowering our carbon emissions across both our business and the supply chain. This includes reducing the amount of energy we consume through efficiency measures and smart technology and ensuring the energy we use is from sustainable sources. Did you know, The Lensbury uses 100% renewable energy? In 2020, 47.8% was from bioenergy, 32.7% wind, 11.7% photovoltaic and 7.8% from hydropower – with nothing from fossil fuels!

## **Diversity and Inclusion**

We believe in the power of diversity. We foster inclusion across our business and workforce through employment practices, internal training and empowerment.

## **Social**

We believe in making a positive social impact, especially within our local community. That is why we've introduced our local Charity of the Year initiative, which is voted for by our members, where all of our fundraising efforts go

towards supporting the cause that matters to you and our community the most. We also support quality local businesses where we can and have recently partnered with Teddington Cheese, Sandys Fishmongers and Cavan Bakery to name a few...

## **Economic**

We believe in operating in a financially responsible manner, creating a strong business for the future, not only for our owners, but also for employees, and of course members and guests. Whether it is ensuring we recruit employees locally or limiting the amount of waste we produce, all our efforts contribute to a more sustainable business. Did you know that in 2022, 81% of all our waste was recycled, helping us save a whopping 50.8 tonnes of associated CO2?

## **Environment**

Our local environment is what makes The Lensbury such a wonderful place to be. Whether it's looking after our colony of bees that help to pollenate the local plants or getting our teams together to do a local litter pick on the Thames, it really is all the little things that help to improve our local environment.



# member events

# CALENDAR

# 2023

## STAY UP TO DATE

Discover our latest events throughout the year by scanning the QR code, visiting [lensbury.com/whats-on](https://lensbury.com/whats-on) or viewing the events section on The Lensbury Club App.



Scan for the latest event details, ticket information and to book.

## CHRISTMAS SPA FAYRE

30th November

Ready to treat your friends and family (or yourself!)?

Come by at 5 – 8pm on Thursday 30th November where there will be amazing offers and plenty of ELEMIS items on sale. The perfect opportunity to get your hands on that product you've always wanted, for less.



## TWINKLE TOES SPA EVENT

30th November

Let the kids step into The Lensbury Spa for a festive themed treatment.

Join us on Thursday 30th November as your little ones enjoy a Twinkle Toes Festive Feet treatment!

Relax with a pedicure treatment accompanied by a delicious hot chocolate and marshmallows. Book this treatment to get £12.50 off any product in the spa worth £50+

## CHRISTMAS KIDS' ACTIVITIES

November and December

The Lensbury is turning into Lapland for the little ones this Christmas. There will be many games and activities, including movie nights and a Christmas tree decoration workshop. Check out our What's On web page for the latest on all that's happening...



## CHRISTMAS WREATH MAKING

December


Dress your front door with your own personal creation thanks to this year's Christmas Wreath making workshop. Using a variety of materials and festive decorations, you can build your perfect wreath.

## CHRISTMAS PARTIES AT THE LENSBURY

December

Celebrate the season in style with our Great Gatsby-themed Christmas Party nights! We have private and shared events so whether you want to tag along with a couple of friends or celebrate with your whole organisation, The Lensbury is the place to be!





## CHRISTMAS EMBROIDERY AT THE LENSBURY

3rd December

Get into the spirit of the season with this relaxing Christmas Embroidery Workshop. Suitable for all abilities, you will be given the materials to be able to craft your own designs.



### CHRISTMAS DAY

What better way to really enjoy 'the big day' than to take a break from the cooking and stress by celebrating at The Lensbury? Book now and we'll serve a delicious festive feast for you and your loved ones on the 25th.

### VALENTINE'S DAY

14th February 2024

Bring your loved ones to The Lensbury for Valentine's Day 2024, indulging in a candlelit dinner together overlooking the riverside grounds.




### MOTHER'S DAY

10th March  
2024

Raise your glasses to the leading lady in your life on Mother's Day, with a special meal, live entertainment and a free gift for all mothers.

## LOOK AHEAD:

### RiversideWeekender Festival

22nd - 23rd June 2024



# *Your Exclusive Members' Lounge*

## OPENING IN SPRING

Sink into the sofa for a catch-up with friends, stop by our quick-service counter for your daily pre-workout caffeine hit, or grab a healthy bite between work meetings.. Your new members' lounge arrives in spring as the first phase in our exciting redevelopment plans for our food and drink spaces at The Lensbury. This new, dedicated social space will be a hub for like-minded members to relax, socialise or simply grab some great coffee!

After months of detailed work behind the scenes, we are delighted to share designs for this new social space that will sit at the heart of the Clubhouse. Tactile finishes and neutral tones give a naturalistic feel, helping to connect this new area with its setting, the gardens and the grounds beyond.

Newly installed feature windows and doors will enhance the sense of connection with the natural environment







and uplift the space with generous natural light. The doors outside will lead to a dedicated terrace that can be enjoyed in the warmer months acting as an extension to this exclusive members' only space. Since The Lensbury's creation over 100 years ago,

the Dunbar Room has been a staple piece of the Club. Hosting many events, gatherings and some of the world's best sports teams, we want to bring our members into the heart of the story by making it your lounge.



# Member Benefits

As a member of The Lensbury you gain access to a plethora of facilities and benefits, all to be enjoyed in one place. With so much available it's easy to forget everything on offer, so we thought you might like a little reminder of what's available for you, aside from the health club and 25 acres of riverside grounds.



## THE LENSBURY SPA

All Lensbury Club members are entitled to 20% off all treatments in our spa, including ELEMIS facials and full body massages! You can also buy a gift for a loved one (or yourself – after all, you deserve it!) from our ELEMIS store whilst enjoying an exclusive 10% discount.

## HOTEL STAYS

Looking for a break without travelling too far, or staying with friends for a special occasion? As a active Lensbury member it becomes even more appealing. You can save an exclusive 20% off rooms, so treat yourselves to a riverside retreat today.

## CRÈCHE

Perhaps you'd like a break from the little ones while you get down to business in our co-working space or take part in one (or many) of our classes? Then drop your kids off in The Lensbury Crèche. Open for three hours every morning from Monday – Saturday, we have a discounted crèche price for members.

## KIDS' CLUB & ACTIVITIES

Still need some more me time? We have even more camps & activities running throughout the day to keep the little ones occupied. There are free activities like Young Yogis and Dodgeball, to paid activities from certified instructors like karate and football.

To provide more support when you might need it most we even offer some last minute camps for school strike days. Look out for details.



### ACTIVITY PASSES

Don't want your friends and family to be too jealous of your membership? As an adult member you are entitled to six guest passes per year, so people can see what they're missing! These run from April to March; any passes left unused on 31st March expire and six new passes will be issued for the next year.

### AN EXCLUSIVE COMMUNITY

With over 150 adult classes running every week and plenty of activities for younger members too, you can meet like-minded people for a game of tennis, join a class together or enjoy a relaxing coffee in our deli. The new and exclusive Members' Lounge opening in 2024 will create even more opportunities to socialise.

### MOORING RIGHTS

We offer these at a very low cost of £44 per footage of boat per year for members and unsurprisingly we have a waiting list for this service. If you would like to find out more, please contact the Watersports Centre in writing. They'll be happy to advise. Mooring berths come with power points and fresh water.



### FUNCTION ROOM HIRE

Not only is The Lensbury your place for wellness, we can also host your special events. Whether it's a birthday, anniversary or any other special occasion, we have six different function rooms available for free (with the exception of Saturdays). If you would like to enquire, please contact our events team.

*As a Lensbury member, you'll find that our benefits will continue to grow, from new facilities to discounts on shops within the local community. We also operate a refer-a-friend offer for all members so you can receive a Club credit when you bring your friends and family to the Lensbury. We hope you value your membership as much as we value you being a member.*

# WELCOMING OUR NEW CLUB GENERAL MANAGER, LUKE FENTON

This October we have the pleasure of introducing your new Club General Manager, Luke Fenton, who joins us from the prestigious Roehampton Club. TIDAL sat down with Luke to find out a little bit more about him and what he's looking forward to at The Lensbury.

## **Please tell us a bit about yourself.**

I'm a true local, in fact I was born near The Lensbury, in Kingston Upon Thames, before moving to Dorset.

My childhood was a mix of cycling adventures, basketball games and learning to fish. After a few years I returned to London, chasing my passion for leisure by turning qualifications into a fulfilling career.

Over the past twenty years, I've had an incredible, rewarding journey of managing clubs and meeting amazing people in both private and public spaces.

Now life has come full circle. Along with my partner and our lively young bunch, I call the area just across the river from The Lensbury home.

## **What excites you about coming to join us as the Club GM?**

What an incredible opportunity! I'm deeply honoured to serve as your Club General Manager and thrilled to play a pivotal role in our journey within this prestigious Club.

My enthusiasm for health and wellness is unwavering. I truly believe it enriches our daily lives, whether we're investing in our own fitness, prioritising mental well-being,

enjoying family sports, or simply unwinding and having a blast.

Regardless of your focus, my utmost commitment, along with the existing team, is to enhance your experience here. Set in a stunning location, with such a wide array of activities and facilities, I'm excited to take on the challenge of continuously elevating the services we provide to our valued members.

## **What will your priorities be over your first few months? How will the members get to meet you?**

Listening to and acting on your feedback is a priority for me. I will be spending my time out and about getting to know all the ins and outs of the Club. I pride myself on being approachable and friendly so please don't be surprised if I stop and say hello. I genuinely want to get to know as many members on a first name basis as possible.

I look forward to meeting you all very soon.



# NEW MEMBERS' FOOD & BEVERAGE FOCUS GROUP

Our aim is to continually improve our services for our members.

Central to that is to understand what will be most valued and most useful to you.

As part of this ongoing commitment, we were pleased to introduce a new members' focus group.

In June we hosted our first focus evening, which was centred around our new all day dining menu. Throughout the meeting, we listened to feedback on all aspects of the restaurant and deli, from service and ambience to the ordering processes. The focus group, made up of Club members, also tasted a seven course preview of our new menu. We have now held two meetings and this feedback is extremely valuable in influencing changes across our menu and operations.



*Should you have any enquiries or insights to share, please don't hesitate to let us know your thoughts at [feedback@lensbury.com](mailto:feedback@lensbury.com).*



*out and*

# ABOUT

One of the best things about The Lensbury is its prime location in south west London. Surrounded by so many things to do in the picturesque towns of Teddington, Richmond, Twickenham, Kingston and more, we've put together some suggestions on how you can make the most of our stunning local area.

1.

## NATIONAL ARCHIVES

Home to the UK's most important historical documents, the National Archives in Kew host amazing treasures, like the Magna Carta and Guy Fawkes' signed confession; a must-visit for anyone interested in British history. Whilst you're there, you can relax in their garden, take a stroll along the Thames or get involved in one of their many events such as storytelling or even time travel missions!



2.

## EEL PIE RECORDS

Opened in 2017 and named after Eel Pie Island, Eel Pie Records in Twickenham high street is a sanctuary for music lovers of all tastes and ages. They have a carefully-curated selection of records and even offer a free delivery service within three miles of the store.



3.

## LONDON WETLAND CENTRE

Visiting the London Wetland Centre – just seven miles from The Lensbury – is an immersive experience that connects you with nature close to the heart of the bustling city. Explore its tranquil wetlands, lush greenery and diverse wildlife to escape the urban chaos.



4.

**KINGSTON CHRISTMAS MARKET**

Get into the festive mood by visiting Kingston Christmas Market. With its decorations and an array of artisanal goods to buy, it's the perfect destination to soak in the Yuletide spirit and find unique gifts for loved ones. The Christmas market takes place from 16th November to the end of December.



5.

**CAVAN BAKERY**

When you're next feeling hungry, pop over to Cavan Bakery to grab some indulgent, freshly baked pastries and flavourful bread! They offer a warm and inviting atmosphere where every bite delivers quality and taste, making it a must-visit destination for any foodie. You can find Cavan Bakery in Teddington high street and other key spots in the local area.

7.

**PETERSHAM NURSEY TEA HOUSE**

Nestled in enchanting gardens, the Petersham Nursery Tea House offers a tranquil escape where you can savour artisanal teas and tasty pastries in a picturesque setting. With its rustic charm and botanical ambience, a visit to this tea house promises a unique experience that's a respite from the hustle and bustle of daily life. Throughout the year you can also participate in their workshops - perfect for those with a green thumb.



6.

**THE OPEN BOOK, RICHMOND**

A visit to Richmond's independent bookshop promises a literary adventure like no other. Nestled in the heart of the town, the store offers a haven for book lovers. You can explore a curated selection of titles, engage with the friendly team and immerse yourself in a welcoming atmosphere that celebrates the magic of storytelling.



# OUR INDEPENDENT SUPPLIERS

As a good corporate citizen The Lensbury collaborates with small businesses where we can. This year we have introduced Teddington Cheese, seafood from Sandys Fish, delicious pastries and breads from Cavan Bakery and expertly roasted beans from Mozzo Coffee to enhance your day. TIDAL has spoken to these partners to learn more about their businesses and products.



1.

## MOZZO COFFEE

Embracing coffee's uplifting essence, Mozzo unites growers, customers and drinkers to share its positive energy. Mozzo's Community2Community Fund™, established in 2015, ensures meaningful social and environmental impact for coffee-growing communities. They offer a meticulously roasted, diverse coffee collection, featuring espresso blends, single origin coffees, decaf options, capsules and brew-in-cup bags. Partnering with The Lensbury, Mozzo founder Grant Lang aims to deliver an enriching coffee experience for our guests that blends enjoyment with social good.



**Fun Fact:**  
As a member you can save an exclusive 20% off Mozzo Coffee online by using the code: **LENSBURY20**

2.

## SANDYS

Founded in 1973 by Sandy and Sheila Turner and now led by their son Mark, family-owned Sandys Fishmongers has been a cornerstone of the Twickenham community. Renowned for sourcing the freshest seafood through local partnerships, their unwavering commitment to quality and sustainability is evident in their selection of fish, shellfish and caviar, complemented by a deli section.

With their prominent high street presence supplemented by home delivery in Twickenham, Sandys Fishmongers continues to be a hub of freshness and convenience. As a member of the Sustainable Fishmongers Association and a recipient of the Fishmonger of the Year award, their dedication to responsible practices is clear. With diverse catering services, including collaboration with The Lensbury, Sandys Fishmongers remains a beloved purveyor of exceptional seafood.



3.

## THE TEDDINGTON CHEESE

For the first time this year The Lensbury has partnered with The Teddington Cheese, the locally-based, family-operated cheesemonger with over 40 years of experience. Sourcing from independent producers globally, Teddington Cheese offers a diverse selection of more than 130 cheeses. The collaboration shines in The Lensbury's cheeseboard, complemented by chutneys, pickles and grapes – making a favoured choice for special occasions. This partnership seamlessly merges The Teddington Cheese's quality with The Lensbury's culinary creations, presenting a fusion of flavours and craftsmanship.







## ENTER OUR SOCIAL MEDIA GIVEAWAY AND WIN!

Win a night in the heart of London at our sister property, the Strand Palace Hotel. Spend a day in the city, take in a show or indulge in some retail therapy before enjoying the night in this lovely landmark hotel on the Strand!

### TO ENTER:

For a chance to win this great prize please complete all of the following...

Follow @thelensbury & @thelensburyevents on Instagram.

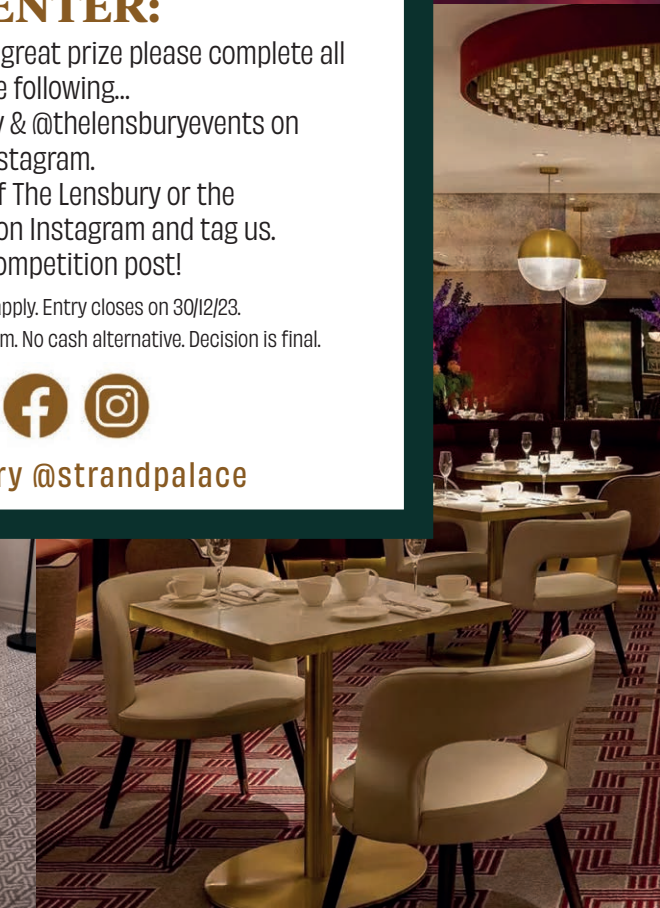
Share a post of The Lensbury or the surrounding area on Instagram and tag us.

Like our competition post!

Terms & Conditions apply. Entry closes on 30/12/23.  
Winner will be chosen at random. No cash alternative. Decision is final.



@thelensbury @strandpalace



# A LOOKBACK TO THE RIVERSIDE WEEKENDER FESTIVAL

This summer The Lensbury hosted our first ever music festival, The Riverside Weekender. It was brilliant to see so many of you in attendance across both days. We've put together a throwback to our big event of the summer...

The weekend kicked off with DJ Rosie opening, before Mike Conlon came out to entertain the crowd, followed by One Man Band. Then it was time for Bella Bella Rockafella to shine on a sunny Saturday evening, singing a host of tunes which got our bustling crowd going. With our attendees eagerly awaiting the Saturday finale, the headlining RPJ Band took to the stage for a truly fantastic show that set the crowd alight.

Day two of the weekender was once again opened by DJ Rosie returning to the stage. Although the weather was not kind, Davey Hardman kicked off our live performances, with the enthusiastic Central Avenue following suit to entertain the audience. Flying in from Glasgow, the award-winning tribute band Little Fix put on a brilliant spectacle, leaving the crowd pining for more by the end of their set. With the sun setting on a fun-filled weekend of performances, The Faithettes arrived and showed us how to close out a festival, with a collection of hit covers from favourite bands across the decades.

It wasn't just live music that entertained throughout the two-day event, with plenty of activities to see across the grounds. The hugely popular Sip N' Sail cruises went down incredibly well amongst attendees, with people

eager to enjoy their complimentary cruise along the Thames to Hampton Court on board the iconic Yarmouth Belle. Back on dry land, the Masterclass Marquee hosted a variety of different classes hosted by Bone Idyll, Sipsmith Gin and Teddington Cheese. Then the marquee transformed into a silent disco in the late afternoon with many youngsters (plus some big kids) enjoying a great time with a variety of tunes playing late into the evening. Over in the carnival zone, there were laughs to be had with a selection of classic fairground games! More chilled-out experiences were available in the Wellness Garden, offering spa treatments and relaxation sessions throughout the festival.

We're already excited about next years festival on 22nd - 23rd June and how The Weekender may evolve, so watch this space for future event announcements...





## MULLED WINE RECIPE

**W**ith the festive feel seemingly in full swing already this year, we wanted to share one of our favourite festive recipes from years gone by that you can make and enjoy in your own home – so you can get in the Christmas spirit early!

### INGREDIENTS

Bottle of red wine (Italian wine preferred)  
 1 x clementine (sliced)  
 1 x cinnamon stick  
 2 x star anise  
 4 x cloves  
 5 tbsp of caster sugar  
 The zest of half a lemon  
 (Optional – a splash of brandy or sloe gin)

### METHOD

- 1.** Combine the red wine, sliced clementine, cinnamon, star anise, cloves, sugar, and lemon zest in a pan, and gently simmer for 10-15 minutes.
- 2.** Remove the pan from the heat and allow the mix to cool
- 3.** Stir in the brandy or sloe gin if using, and reheat to serve

### READY TO DINE?

Embrace the winter season with our carefully crafted menu, featuring a blend of seasonal delights and Sunday roasts that will tantalize your palate. It's perfect any time you're in the mood for a warming and restorative dining experience during the colder months. Make your reservation today and savour the season with us.

Scan QR code to book a table.



# HAVE YOU VISITED OUR WATERSPORTS CENTRE YET?

Open March to October, challenge yourself to some sailing, or relax on the Thames when you take out one of our motorboats. We had some new additions in 2023 so to ensure you're up to date, below is everything we offer.

## Sailing & Kayaking

Try something new by taking to the water in our sailing boats, lasers or kayaks! We have something in store for all abilities and experience levels whether you're just starting out or a seasoned sailor.

## Half Term Activities

Keep the kids busy, active and most importantly enjoying themselves. We host fun days, raft building and many other activities on the water during the half term holidays.

## Parties

If you're looking for the perfect place to host your child's next birthday celebration, look no further than our Watersports Centre! From raft building and kayaking to a combi-party of both, we have a fun (and wet!) way to celebrate the occasion.

## Leisurely Boat Hire

Enjoy fine weather and riverside views with boat hire at our centre. With no licence required, you can take out a motorboat, skiff or any of our other boats for an experience like no other.

## Paddle Boarding

As our latest addition in 2023 you can now take to the Thames in a whole new way with our Paddleboards! Enjoy free weekly lessons or private hire and test your balance (available on selected dates, please contact the Watersports Centre for availability).





# PICKLEBALL

## AT THE LENSURY



As part of our ongoing commitment to improving the offering available to members of The Lensbury, we introduced Pickleball this summer. Take to our roadside courts with family, friends and like-minded members so you can have a swing!

For those unfamiliar with it, Pickleball is a cross between other racket based sports like tennis, badminton and table tennis. Played with a hollow plastic ball, players are equipped with a paddle and play the game out in a similar manner to tennis with a few twists.

Pickleball stands out thanks to its unique blend of elements from a variety of racquet sports. Unlike the likes of tennis or squash, the game is played on a smaller court, making it more accessible to players of all ages and varying skill levels. Pickleball combines aspects of other household racquet sports, employing solid paddles and a plastic ball which features distinctive holes that allow it to fly in a different manner. The game's steady pace, as a result

of a lighter ball being used and underhand serve withdrawing some of the power seen in other sports, allows for long-lasting rallies and players taking on a more strategic style of play.

Additionally, the sport emphasises the art of 'dinking', a delicate shot technique in which players engage in a series of shorter, more controlled shots. This style of play gives an extra layer of finesse and a focus on subtlety. Pickleball offers a distinctive experience compared to other racquet sports.

The game found its origins back in 1965, initially struggling to take off. Things began to pick up in the early 2010s but it truly gained a large following during 2020 when people were looking for alternatives to indoor activities. Since then it has gone from strength to strength, with it being the fastest growing sport in the United States and major investment in professional pickleball teams.

There will be upcoming social evenings so you can meet other members with a keen interest in taking part, whether for a light rally or competitive game! Keep your eyes peeled...





# ELITE SPORTS TEAMS

The All Blacks, England Rugby, Manchester United, Lionesses, Japan, Samoa, World XV

With the Lionesses having stayed throughout their Euros triumph, when it comes to Elite Sports, 2023 had a lot to live up to. This year though some of the world's biggest talents came to The Lensbury.

The Lionesses returned once again prior to their pre-World Cup training camp. In the summer months the world's most followed football team, Manchester United, made two appearances at the Club, training hard for FA Cup matches in both the semi-final, beating Brighton on penalties, and in the big final at Wembley, where they narrowly missed out on the trophy. The team graced our training pitches as they worked hard for their cup clashes. Manchester United manager Erik Ten Hag used our conference rooms to strategise for the upcoming matches.

He also gave generous praise to the UEFA-grade pitches at The Lensbury.



The Lionesses in their pre World Cup training camp



Bruno Fernandes taking pictures with fans



All Blacks training in the Elite Sports Gym



Manchester United Manager, Erik Ten Hag, before their FA Cup Final

In August we had the privilege of hosting not only the England rugby team but also the All Blacks. They fully utilised the facilities, including the Elite Sports gym, pitches and rooms during their stays, and they could be regularly spotted around the resort.

As part of our ongoing commitment to our sporting heritage at The Lensbury, we extended an invitation to the All Blacks for a Q&A with our members. The event was hosted by a panel featuring Steve Hill (Former Richmond RFC Director of Rugby), Darren Shand (Team Manager with almost 20 years of experience), Greg Feeks (Former All Black & Current Scrum Coach), and Dane Coles (All Blacks & Hurricanes Hooker). This provided attendees with exclusive insights into the world of rugby, including aspects of rugby life, training and World Cup preparation.

Keep an eye out as we look forward to welcoming other elite athletes and teams to The Lensbury. We hope more will be joining us very soon.

# Your place for 2023/24 fitness

Discover all our fitness classes and facilities at The Lensbury and make the most of your membership...

Summer may have come to an end but fitness should not! Although your next holiday might seem a long way away, it remains important to keep up with exercise throughout the year, both for your health and having that 2024 beach body.

TIDAL has called on the expertise of The Lensbury's Fitness Manager, Leon Williams, for his advice as well as two bespoke exercise routines, perfect for our gym. Read on to learn more so you don't miss out...

Regular exercise throughout the year is essential for overall physical health. It helps to strengthen muscles, bones and joints, improve cardiovascular fitness and boost the immune systems. Working out

during winter can help prevent illnesses and reduce the risk of chronic conditions such as heart disease, diabetes, and obesity. So keep it up and your body will thank you.

Exercise has a profound impact on mental well-being. It releases endorphins, which act as natural mood lifters. It can reduce stress, anxiety and symptoms of depression. During the winter, when some people can experience Seasonal Affective Disorder (SAD) or the 'winter blues', exercise can be an effective way to combat these negative feelings and improve mental resilience.

It's natural to stay indoors more during the winter colder months,

causing average daily activity to decrease. Add in holiday indulgences and the weight can quickly go up. By maintaining your routine and weekly exercise, you can battle those extra pounds away.

Participating in group exercises or social classes creates more opportunities to meet new people and expand your social network. We have over 150 weekly classes to keep you engaged - and having people to exercise with helps to keep the commitment going when motivation dips.

The final (and we think best!) benefit of keeping up the exercise is better sleep. People who maintain a constant routine tend to experience improved and longer sleep patterns.

## Warm-up

Start with a 5-10 minute warm-up to get your muscles ready for the workout. This can include light cardio exercises like jogging on the treadmill or using the stationary bike.



### Beginner Routine

## Workout

Perform each exercise for three sets of 10-12 repetitions. Take a one minute rest between each set.

**1. Squats.** Equipment: Barbell or Dumbbells (choose a weight that challenges you but allows proper form)

**2. Dumbbell Chest Press.** Equipment: Dumbbells and Bench

**3. Bent-Over Dumbbell Rows.** Equipment: Dumbbells and Bench

**4. Dumbbell Shoulder Press.** Equipment: Dumbbells

**5. Lat Pulldowns.** Equipment: Lat pulldown machine

### Beginner Routine

**6. Leg Press.** Equipment: Leg press machine

## Cool-down

Finish the workout with a 5-10 minute cool-down. You can do light stretching or use foam rollers to help relax your muscles.





## Advanced Workout

This is a more advanced workout routine that incorporates a variety of exercises to challenge your strength, endurance, and overall fitness level. As this is more intense, make sure you have experience with the basic exercises and a good understanding of proper form before attempting it.

### Warm-up

Start with a 5-10 minute warm-up to raise your heart rate and prepare your muscles for the workout. You can do light jogging, jumping jacks, or dynamic stretches.

### Workout

Perform each exercise for four sets of 8-10 repetitions. Take a one minute rest between each set.

#### 1. Barbell Back Squats.

Equipment: Barbell and Squat Rack

**2. Deadlifts.** Equipment: Barbell and Weight Plates

**3. Bench Press.** Equipment: Barbell or Dumbbells and Bench

### Advanced Routine

**4. Pull-ups:** Equipment:

Pull-up Bar

**5. Barbell Overhead Press.**

Equipment: Barbell and Rack or Power Cage

**6. Romanian Deadlifts.**

Equipment: Barbell or Dumbbells

### Cool-down

Finish the workout with a 5-10 minute cool-down, including static stretches for major muscle groups.

## Advanced Workout

Perform each exercise for 3 sets of 10-12 repetitions. Take a one minute rest between each set.

**1. Squats.** Equipment: Barbell or Dumbbells (choose a weight that challenges you but allows proper form)

**2. Dumbbell Chest Press.**

Equipment: Dumbbells and Bench

**3. Bent-Over Dumbbell Rows.**

Equipment: Dumbbells and Bench

**4. Dumbbell Shoulder Press.**

Equipment: Dumbbells

### Advanced Routine

**5. Lat Pulldowns.**

Equipment: Lat pulldown machine

**6. Leg Press.** Equipment: Leg press machine

### Cool-down

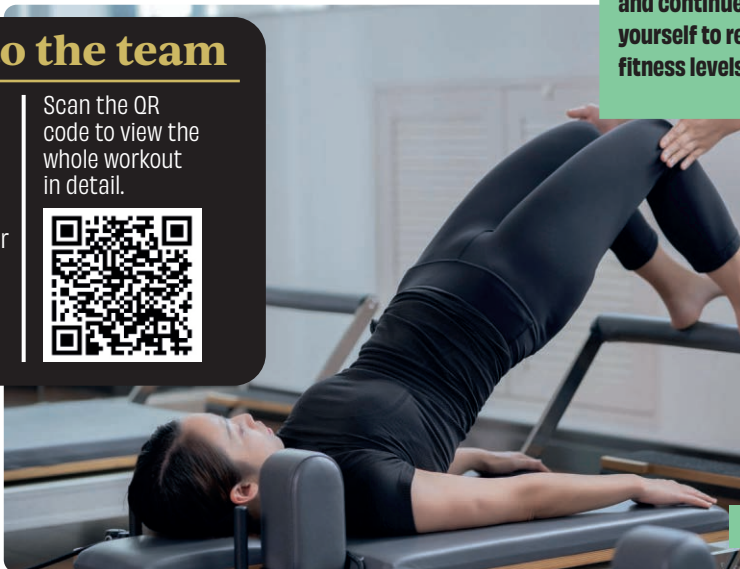
Finish the workout with a 5-10 minute cool-down. You can do light stretching or use foam rollers to help relax your muscles.

**It's essential to challenge yourself, but remember to prioritise safety and proper form throughout the workout. If you're not familiar with any of these exercises or feel unsure about their execution, consider working with a certified fitness trainer who can guide you through the advanced movements. The Fitness Team at The Lensbury are happy to give you advice or guidance. Also, listen to your body and rest as needed between workouts to allow for adequate recovery. Enjoy your advanced winter workout and continue pushing yourself to reach new fitness levels!**

## Speak to the team

Speak to one of our expert trainers at The Lensbury gym if you require any guidance or further tips on your workout

Scan the QR code to view the whole workout in detail.



# Kids' Camps & ACTIVITIES

**W**e know that keeping the little ones busy can be a challenge, so take the opportunity to gain some 'me time' by dropping your children off in one of our camps, clubs or activities.

This is definitely a 'win-win' as while the adults gain some free time your children can experience new challenges, learn sports, make friends – and most of all have plenty of fun at The Lensbury. So what are you waiting for? Learn more below, or sign up to a club today!



## FREE CLUBS

**I**n case you didn't know, all of the following clubs are available free to members, whether it's some daytime entertainment or burning off after-school energy. Scan the QR code to discover the full schedule today.

- Dodgeball
- Supervised Soft Play
- Junior Cardio Blast (Book via Club App)
- Teen Strength (Book via Club App)
- Strong Kids Circuits
- Sport & Games
- Young Yogis
- Outdoor Fun & Games
- Craft & Play
- Supervised Float Swim
- NEW Homework Club



## Fun-filled week

Discover an exciting week-in-the-life for a little one at The Lensbury



To book please contact Members' Reception on [members.reception@lensbury.com](mailto:members.reception@lensbury.com) or call 020 8614 6467. Clubs highlighted are only bookable via The Lensbury Club App.

## NEW

### Tuesday Homework Club

**A**s the latest addition to childrens' activities, we now have Homework Club with from 4.00pm – 6.30pm every Tuesday set aside for focused learning with the support of our dedicated staff.



DATE

Tue  
4.00pm - 6.30pm



LOCATION

The Lensbury  
Grounds



PRICE

Free

## TODDLERS

**F**or all new parents we now have special classes available so you can enjoy some like-minded support and meet other parents for a coffee afterwards.

Baby Massage Messy Play  
Toddler Song Sessions

DATE & TIMES TO BE ANNOUNCED SOON.  
PLEASE CHECK THE WEBSITE FOR  
LATEST DETAILS.

## TENNIS

Every Day

**F**ollow in the footsteps of some of the greats - from Jimmy Connors to Steffi Graf – and play on the courts they used while learning from our elite-level coaches. We have clubs running every day for different age groups, beginning at 2½ years up to 17. These take place at intervals from 4.00pm – 7.00pm and Saturdays 8.30am - 1.00pm. All ages and abilities are welcome, so contact [tennis.manager@lensbury.com](mailto:tennis.manager@lensbury.com) or [members.reception@lensbury.com](mailto:members.reception@lensbury.com) to book today!



# CRÈCHE

Monday - Saturday

**R**unning every morning, Monday – Saturday, you can leave the little ones at our Crèche building, whilst enjoying some time in our gym, taking part in a Pilates class or even socialising with friends at the Deli. Contact Members' Reception to book your slot.



DATE  
Mon - Sat



LOCATION  
Crèche



PRICE  
£5 per hour

## SPOT THE DIFFERENCE QUIZ



**FIND  
ALL  
5!**



Spot the Difference Quiz Answers: 1. Boat cleats 2. Boat 3. Seat 4. Manhole 5. Tree

# WELLNESS IN THE WORKPLACE

Take a break from back-to-back meetings and allow your brain to 'reset' with the wide range of facilities on offer at The Lensbury. From glorious garden walks to action-packed watersports, our idyllic riverside resort has something to help you boost productivity and improve your well-being. Avoid meeting fatigue by taking that well-earned break...

## RIVERSIDE WALKS

The meeting room is not going anywhere – stretch your legs with a stroll around our stunning 25 acres of green landscapes. Soak up the breath-taking riverside views and spot our furry resort inhabitants along the way. There's nothing like the great outdoors to refresh your mind and lift your mood.

## TAKE TO THE WATER

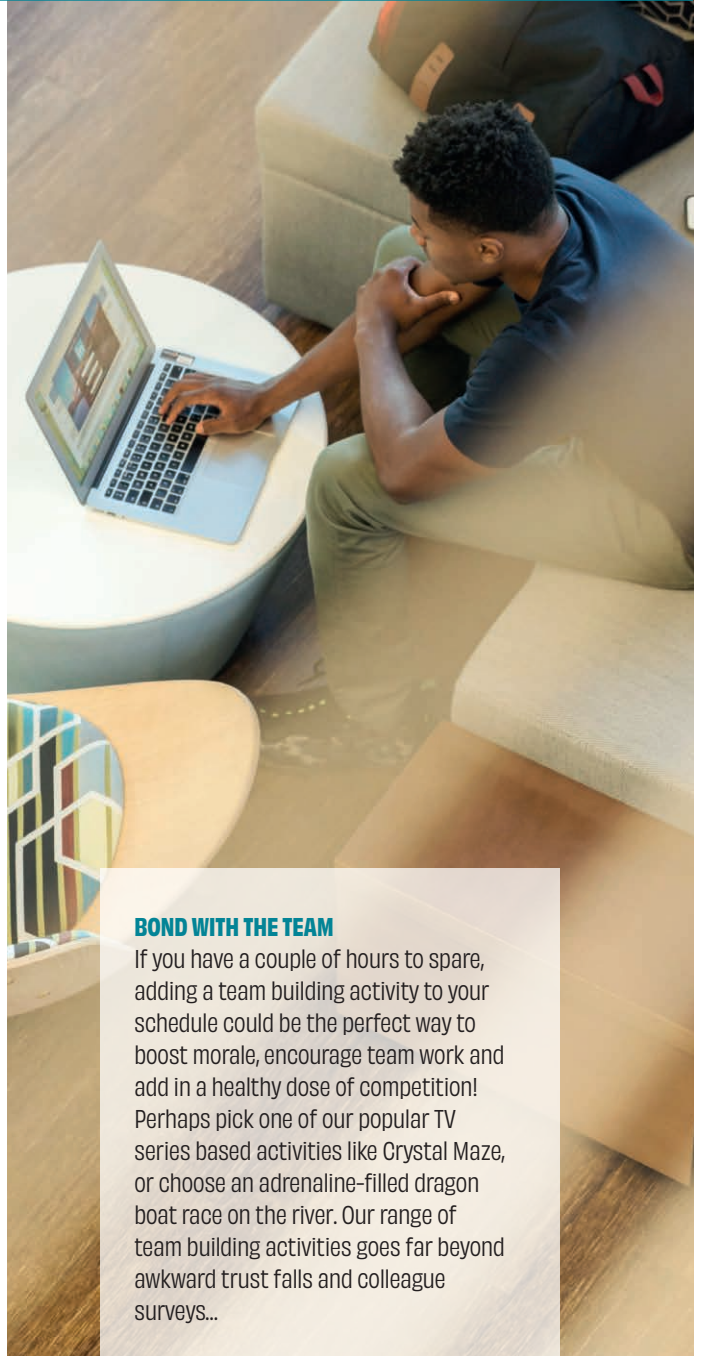
Make the most of The Lensbury's unique riverside location and have some fun on the water. Take to the Thames in a motorboat from our Watersports Centre and explore the hidden gems of the area in between busy meetings. Admire the beautiful scenery and enjoy the calming effects of the waves before returning feeling energised and recharged.

Our Watersports Centre is open March - October (weather dependent) and offers a range of craft including kayaks, sailing dinghies, rowing boats and canoes.

## FITNESS

Did you know that incorporating fitness into your work day can improve your focus and concentration whilst also reducing stress build up? Take advantage of our first-class leisure facilities with a 20-30 minute workout in our state-of-the-art gym or in one of our exercise classes. We run over 150 weekly sessions in our Holistic, Hi-Energy, Cycling and Reformer Studios so there's no excuse!

**Tip: switch things up by taking your meeting outside – research shows that walking meetings increase creativity, communication and collaboration.**



## BOND WITH THE TEAM

If you have a couple of hours to spare, adding a team building activity to your schedule could be the perfect way to boost morale, encourage team work and add in a healthy dose of competition! Perhaps pick one of our popular TV series based activities like Crystal Maze, or choose an adrenaline-filled dragon boat race on the river. Our range of team building activities goes far beyond awkward trust falls and colleague surveys...

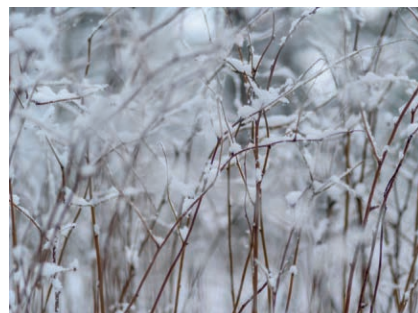


# Winter Garden Tips

**M**aintaining your garden during the winter months can prove to be a challenge, as we deal with bitterly cold weather and frosts which can destroy the greenery you've worked all year on. TIDAL sat down with The Lensbury's Head Gardener Karl for tips on what you can grow this season, how to maintain your garden and the plants to keep a look out for when you're out and about in our grounds.

## 1 Maintain your garden during winter.

If you have any delicate plants in your garden, the best way to protect them is to dig them out and move them to pots inside your greenhouse or conservatory. However if they are too big or fragile, you can cover them with any old cotton sheet and this will protect them from the heavy frost. Remember to knock off any snow from the cover or this will not work!



## 2 What plants should we buy to grow during winter?

Some of the most vibrant flowers that will bring colour to your garden in the colder months are simple bedding plants and winter flowering bulbs/corms such as the following...

**Bedding Pansies, Wallflowers, Kale & Polyanthus.** These flowers come in varied colours and sizes, sure to brighten up your planters, pots and borders during those grey months.

**Bulbs/Corms** Cyclamen are early winter Corms and then we have our wondrous bulbs, Crocus, in the late winter, followed by the splendid snowdrops.



## 3 What should we keep an eye out for at The Lensbury?

Have a look out for these little treats: *Corylus Avellana* 'Contorta' (Hazel), which has contorted stems and bears bright yellow catkins in February. *Acacia Mucronata* (Wattle) produces lance-shaped false leaves from mid-January to mid-March, known as Phyllodes. Also keep your eyes peeled for our winter bedding plants in the planters and scattered around our beautiful grounds.



# LOOK BACK AT CHARITY EVENTS

Following our 2022 members' survey, The Friends of Teddington Memorial Hospital was voted The Lensbury's Charity of the Year for 2023. This brilliant local cause raises much-needed funds for your local hospital, improving the experience for patients, staff and visitors. Over the last 20 years, the League of Friends has raised over £8 million, put into supporting the hospital's expansion over the years and purchasing new equipment. Most recently this has included providing over 5,500 meals for NHS staff during COVID and transformed the paediatric audiology facilities which help more than 800 children every year.

To boost the funds raised for the charity, throughout 2023 we have made a variety of efforts across the Club. This began by installing a donation point making it easy to make a contribution. Our key fundraising efforts centred around the following charitable activities, which were only possible with the support of our members and the team.

## DRAGON BOAT RACE

Returning for another year The Lensbury team of staff and members took to the Thames and battled it out at the Kingston Rotary Dragon Boat Race. After months of training and hard work, all our teams put on an incredible performance, with our Lensbury ladies winning gold! Overall a total of £1,108 was raised!



## BLUES & BEYOND

Going back to the beginning of the year, we brought Dave Kelly to The Lensbury for a Blues & Beyond charity jazz night. Over 150 of you attended, with £1,400 donated to the charity on the back of this entertaining event.



## CHARITY CYCLE

Finally, as we're sure many of you remember, Team Lensbury took on the challenge of cycling over 200 miles from The Lensbury to our sister property The Mole Resort in Devon. Full of tough hills, changing weather conditions and a few flat tires, this was a true challenge. Through the team's efforts and fundraising spin sessions in the run up, over £3,100 was raised, an impressive achievement.

As we come to the end of a very positive year we are already putting together plans for fun fundraising events for our new Charity of the Year, as selected by our members, starting in January.



# CHRISTMAS PUDDING RECIPE



**W**e visited The Lensbury's new Head Chef, Adam Lestrelle, to find out what recipe he's been cooking up for this edition of TIDAL. Taking inspiration from his past and the forthcoming season, Adam has a rich and indulgent Christmas Pudding Recipe to share.

**The earlier you make this Christmas Pudding, the longer it has to bring out all the flavours!**

## INGREDIENTS

50ml Rum  
 75ml Fresh smooth orange juice  
 100ml Madeira or apple juice  
 55g Treacle  
 80g Self-raising flour (use gluten-free if you wish)  
 110g Shredded suet  
 100g Fresh white breadcrumbs  
 50g Ground almonds  
 11g Ground cinnamon  
 7g Ground allspice  
 9g Ginger  
 200g Soft dark brown sugar  
 100g Coarsely grated apple  
 50g Coarsely grated carrot  
 150g Chopped raisins  
 150g Currants  
 50g Flaked almonds  
 125g Sultanas  
 50g Candied mixed peel  
 Unsalted butter for greasing your pudding basin

## METHOD

1. Begin by placing the eggs, rum, orange juice, Madeira and treacle in a bowl and whisk together
2. Put all the other ingredients in a very large bowl and stir well
3. Add the egg mixture and stir again
4. Cover the combined mixture with cling film and chill overnight
5. The following day, place the chilled mixture into a buttered 1.2 litre pudding basin
6. Cover and steam over a gentle heat for 6 hours
7. Set aside until cold, then re-wrap the pudding in fresh greaseproof paper and foil
8. Store in a cool, dry place (not the fridge) for as long as possible (at least 2 weeks, for best results a minimum of 4)

## TO SERVE

Steam for a further 2 hours whilst enjoying your Christmas dinner, pour brandy over, turn the lights off and set light to the pudding to serve!



THE LENSBRURY

# CHRISTMAS

AT THE

# LENSBRURY

CELEBRATE IN STYLE THIS FESTIVE SEASON



Here at The Lensbury the team have been getting excited for all our festive activities! We've been planning to ensure that this will be memorable for all our members. Alongside our annual festive decorations, trees and lights, we have a list of fun activities, classes, events and so much more to enjoy.

### Great Gatsby Christmas Parties

Whether it's a smaller group looking to celebrate Christmas or a larger gathering of 40 to 180 guests, we have you covered. We're hosting many festive evenings to deliver your Christmas wishes. For larger groups, we can offer private spaces for you to host your winter socials and parties, with everything you need included.

### New Member Christmas Parties

Find out more about all that The Lensbury has to offer and meet other new members by attending one of our New Member Christmas parties! The perfect introduction to your membership this festive season.



### Joiner' Parties

Members are invited to The Lensbury's Parties (which individuals, couple or groups can join) on Friday 1st December, Friday 8th December and Thursday 21st December. With a Great Gatsby theme, these are the perfect way to get into the festive season in style.

**For further details and updates, please visit the What's On page of our website.**

# PARTY NIGHT



### **Gingerbread Decorating**

Experience festive joy at The Lensbury's Gingerbread Decorating Workshop. Let your creativity flow as you turn freshly baked gingerbread cookies into your own designs with colourful icing, sprinkles and more delicious decorations!



### **Wreath Making**

Discover the magic of Christmas crafting at our Wreath Making Workshop. Enhance your skills arranging greenery, blooms and ornaments into elegant designs. Whether you're a crafting pro or a beginner, our workshop offers a joyful experience for all. When you've finished, place it on your door to bring warmth and style to your home.



### **Christmas Embroidery**

Join Katherine Savage from Treasure Kave Embroidery for a fun Christmas Embroidery Workshop! Dive into embroidery, crafting a delightful festive wreath with six beginner-friendly stitches. Whether you're a novice or have some stitching experience, this workshop is designed to suit your skill level. All necessary materials will be provided, and you'll even have extra supplies to take home and finish the project at your own pace, making it a perfect opportunity to get into the festive spirit through creativity and stitching.

# The Lensbury Spa

**S**ay goodbye to unwanted gift sets that stay in the box and make your presents extra special with a transformative spa treatment at The Lensbury. We have so much on offer - and a Black Friday Sale coming up - so keep your eyes peeled...

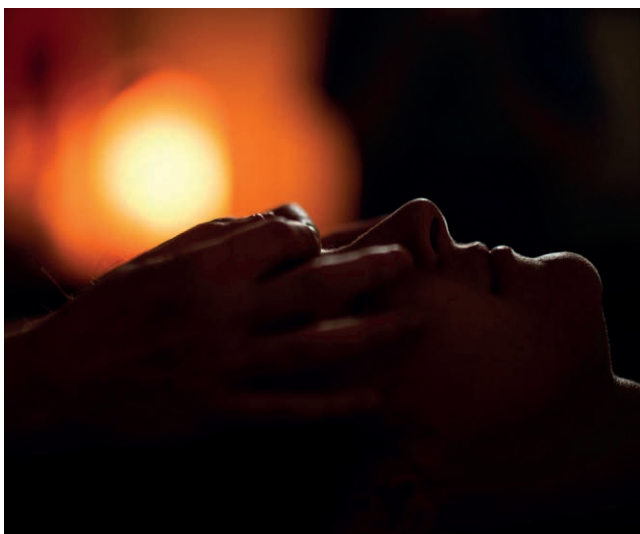
## **WINTER WARMER MANICURE & PEDICURE**

Save £33 and enjoy a complimentary cosy hot chocolate during November and December plus some lovely warm mitts and booties with these treatments!

## **HOT STONES JUST GOT BETTER**

Treat yourself to one of our deluxe manicures or pedicures, finished with a 30-minute hot stones massage during November for just £80 (£96 non-members).

Ever find treatments just go too fast? With every 40, 60 or 100 minute Hot Stones Massage taken in November and December, we will extend your treatment by 10 minutes offering a fabulous complimentary foot massage.



# Lensbury Spa

## BLACK FRIDAY SALE



Purchase an Ultimate Relaxation Ritual this Black Friday saving over £60. To be used from 24th November - 31st March. Please note these are only purchasable online.

### LOOKING FOR THAT LAST MINUTE GIFT?

Visit the spa and browse over our array of products. If you can't decide, pick up a Lensbury Spa voucher which can be used across our range of treatments, services and products.

#### TWINKLE TOES TREATMENT

Join us on Thursday 30th November at 3 - 5pm as your little ones can enjoy a Twinkle Toes Festive Feet treatment for just £12.50 featuring a free hot chocolate!

#### CHRISTMAS SPA FAYRE

Come by at 5 - 8pm where there will be amazing offers, plenty of ELEMIS items on sale, raffle and a complimentary glass of Prosecco!



#### LENSBURY SPA OPENING HOURS

Monday to Sunday  
9:00am - 7:00pm

To make a reservation or for more information, call on 020 8614 6411 or email

[spa.reception@lensbury.com](mailto:spa.reception@lensbury.com)

**SCAN TO VIEW OUR SPA TREATMENTS**



# TIDAL

THE LENSBURY MEMBERS' MAGAZINE

DISCOVER OUR DIGITAL  
MAGAZINE BY SCANNING THE  
QR CODE

