

# TIDAL

THE LENSBUURY MEMBERS' MAGAZINE

ISSUE 05  
SPRING 2025

## SUMMER AT LONDON'S RIVERSIDE RESORT

### RIVERSIDE FESTIVAL

A FAMILIAR FACE RETURNS  
FOR OUR BIGGEST EVENT OF  
THE SUMMER

### SAILING INTO NEW BEGINNINGS

SEE WHAT'S NEW FOR 2025 AT  
OUR WATERSPORTS CENTRE

### AROUND THE GROUNDS

EXPLORE EXPERT TIPS FROM  
OUR HEAD GARDENER

AND MUCH MORE INSIDE!





# TIDAL

THE LENSURBY MEMBERS' MAGAZINE

## IN THIS EDITION...

Contents.....	2
Welcome to TIDAL.....	3
Win an Overnight Stay at Chewton Glen.....	5
Sustainability at The Lensbury.....	6-7
Threats to Our River.....	8-9
Watersports at The Lensbury.....	10-11
Charity of the Year, RUILS.....	12-13
Events.....	14
Tennis Coaching Clinics and Camps.....	16-17
Swimming Nature at The Lensbury.....	18-19
Lensbury in the News.....	20
Member Story: Invictus Games.....	21
Discover our Summer Menu.....	22-23
Our New Coffee Coming Soon.....	24-25
Summer Garden Tips.....	26-17
Your Skincare Guide to Beach-Ready Beauty.....	28-29
Body Strength Builder Workout.....	30
Your Member Benefits.....	32-33
The Dunbar Loyalty App.....	34
Lensbury x Chilly's.....	35



# Welcome

to the latest edition of TIDAL, your members' magazine.

As we head into summer I'm pleased to see improvements have been made to the Conservatory Terrace, enhancing this inviting space for members to relax and socialise throughout the warmer months.

The return of the very popular RPJ Band for this year's Riverside Festival on 21st June is something I'm very excited about. Their electric performance back in 2023 was certainly a highlight for me and we look forward to welcoming them back for what promises to be a spectacular event this year.

You'll see on the following pages that sustainability is a key focus for all of us at The Lensbury, and we are committed to driving meaningful change that has impact. From improving our waste management initiatives to introducing a staff eco council, our efforts to build a more environmentally responsible future continue to evolve.

Thinking of our role within wider society, we're really pleased that our members chose Ruils Independent Living as our Charity of the Year for 2025. A user-led charity, they work in our local community with disabled children and adults, along with those with long term mental and physical health conditions. We have a series of fundraising events planned, which will be a fun way for our staff and members to support this important work in Teddington and the surrounding area.

Finally, I'd like to say thank you to you, our members, for your continued support and engagement. Whether through attending events, providing valuable feedback, or simply enjoying our facilities, you remain at the heart of everything we do.

**We look forward to an exciting season ahead and to creating more exceptional experiences at The Lensbury.**

*Claire Llewelin-Davis*

Claire Llewelin-Davis  
Managing Director





# RIVERSIDE FESTIVAL

JUNE 21<sup>ST</sup>

2025



## LIVE MUSIC & MORE

LIVE MUSIC ON OUR MAIN STAGE, FABULOUS FEASTING,  
CARNIVAL GAMES AND THE SUMMER SUN.



HEADLINERS:  
THE RPJ BAND



FAMILY  
ENTERTAINMENT



FOOD & DRINK  
ZONE



### WATERSPORTS TASTER SESSIONS

Choose from Kayaking,  
Dragon Boating, Raft  
Building, or all three!

### SCAN TO BUY TICKETS



GET TICKETS NOW FOR LONDON'S  
RIVERSIDE FESTIVAL  
[LENSBURY.COM/RIVERSIDE-FESTIVAL](https://www.lensbury.com/riverside-festival)

# Win an overnight stay at CHEWTON GLEN

Enter our social media competition for the chance to win an overnight stay  
with breakfast at Chewton Glen. The lucky winner will enjoy a luxury 5\*  
Country House hotel on the edge of the New Forest in Hampshire.



### TO ENTER

- Follow @thelensbury on Instagram or Facebook
- LIKE and TAG a friend on the Instagram or Facebook using the QR codes below.
- **TIP:** Enter through Instagram **AND** Facebook to increase your chance of winning!

Scan to enter through Instagram



Scan to enter through Facebook



### LENSBURY MEMBER EXCLUSIVE

#### 15% off stays at Iconic Luxury Hotels

Even if you don't win, you'll still save with a 15% discount on hotel stays for Lensbury Members across the Iconic Luxury Hotels portfolio. Whether you're seeking a countryside escape to the Cotswolds at The Lygon Arms, time in one of the UK's finest country estates at Cliveden House or immersing in the charm of Chelsea at 11 Cadogan Gardens, an **Iconic experience** awaits you.

Visit our website to read more about the individual properties within the Iconic portfolio and to receive your **exclusive 15% discount**.

[www.lensbury.com/exclusive-members-offer](https://www.lensbury.com/exclusive-members-offer)



# OUR COMMITMENT TO Sustainability

The Lensbury's beautiful setting is inspiration for the whole team to work to have a positive impact on our planet and our community. Our commitment to sustainability is embedded into our daily operations and strategic decisions. From renewable energy to community initiatives, we continue to strive to make a difference.

## 100% RENEWABLE ENERGY Powering a Greener Tomorrow

All our energy is sourced from 100% renewable sources, certified by DRAX through the Renewable Energy Guarantees of Origin (REGO) programme. This not only reduces our carbon footprint but also supports the development of clean energy infrastructure in the UK.

## RECYCLING Silver Award Achiever

The Lensbury achieved a Silver award by successfully recycling **76%** of all waste in 2024. This significant effort saved 220 tonnes of CO<sub>2</sub> emissions and diverted **224 tonnes** of waste from landfill. We are working to improve on this for 2025.

## ECO-FRIENDLY CLEANING PRACTICES

We've partnered with EcoLab to use eco-friendly cleaning materials across our property. These products are designed to minimise environmental impact while maintaining the highest standards of hygiene, while reducing packaging waste by **70%** compared to traditional products.

## BUZZING FOR BIODIVERSITY Beehives on the Roof

On top of the Conference Centre, four beehives are home to thousands of busy bees that help pollinate local plants, supporting biodiversity around our grounds and beyond. Not only do these bees contribute to a healthier ecosystem, they also help us produce over **150 jars** of our own honey each year.

## CONSERVING WATER With Go-Green Cards

In 2024 we distributed **Go Green cards** to all hotel guests, encouraging them to make environmentally conscious choices. These cards resulted in saving **12,222 items** of laundry, translating to an estimated 122,000 litres of water conserved. It is a simple initiative with a profound impact on water usage.

## THE LENSBURY ECO COUNCIL

To take our efforts further, this spring we formed the Lensbury Eco Council. A dedicated team committed to making our workplace greener, more sustainable and more environmentally friendly. It will lead initiatives to reduce our carbon footprint, create sustainable practices and inspire a culture that values and protects our planet.

The Lensbury Eco Council at The Lensbury will:

- Lead sustainability initiatives, including waste reduction and energy efficiency
- Promote eco-friendly practices within the workplace and community
- Educate and raise awareness about environmental issues
- Measure and celebrate the impact of collective eco-friendly efforts



MEMBER ARTICLE: THREATS AND HOPES FOR

"Our River"

Local businesses and recreational groups alongside local campaign group Save Our Lands And River (SOLAR) have expressed major concerns/objections for Thames Water's plan to build an abstraction plant opposite The Lensbury's Watersports Centre.

THAMES WATER'S PLAN THREATENS OUR STRETCH

Thames Water's (TW) Teddington Direct River Abstraction (TDRA) plan proposes to extract 75 million litres of water per day during drought conditions through an abstraction plant opposite the Lensbury boathouse. This water would be transferred to the Lee Valley in East London. The volume taken would be replaced by treated sewage from the Mogden sewage treatment plant in Isleworth, routed through a new tunnel under Twickenham and the protected spaces of Ham Lands, discharging into the river at Burnell Open Space, opposite the Club's open areas.

Thames Water plans to operate the TDRA for an average of six weeks per year, with costs estimated between £359 million and £533 million (2022/23 prices), financed through high-cost borrowings, which would be recouped through consumer price increases.

The Lensbury, along with other local businesses and recreational groups, have raised major concerns and objections, joining local campaign group Save Our Lands And River (SOLAR) About - Save Our Lands & River from Thames Water. SOLAR has submitted detailed representations to TW, the Chief Executive of the Environment Agency, the Chief Executive of water regulator Ofwat, and the Secretary of State for Defra, who is the decision-maker on this matter.



MAJOR CONCERNS AND OBJECTIONS:

The effluent treatment plant is unable to remove hormones, antibiotics, and "forever chemicals," posing significant risks to biodiversity and river life. These contaminants will be illegal for treatment plants in the EU from 2045.

Thames Water's goal "not to make water quality any worse" fails to meet community expectations for improvements in water quality.

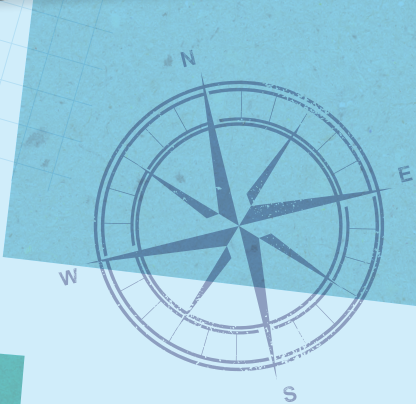
The proposal offers very poor value for money, especially when cheaper, greener, and less environmentally damaging alternatives are available.

Thames Water is required to provide extensive consultation opportunities on the TDRA for affected communities, which is expected in the summer of this year. "Tidal" will publish details of the consultation dates and locations once available.



ANTICIPATED TIMELINE:

- Statutory Consultation: Summer 2025
- Planning Application: Summer 2026
- Likely Planning Inquiry: 2026/27
- Planning Decision by Secretary of State: Autumn 2027
- Construction Start: 2029
- Project Operational: 2033





# Take to the Thames

Make the most of our unique River Thames location and take to the water as part of your membership at The Lensbury Club.

## PADDLE BOARDING

Whether you're looking to learn or just want to have some fun on the water, our paddle boarding sessions are perfect for all!

## BOAT HIRE

We have four motor boats for hire by the hour. These are ideal day boats for families or groups of up to seven people. You can potter up to Kingston or Hampton Court and enjoy the stunning views from the River Thames or have lunch along the way at one of the many riverside restaurants.

## BOAT MOORING

The Lensbury offers mooring spaces on our river front with electricity and water supply. These are very popular and there is currently a waiting list, but we also offer short stay moorings from £10 per night.

## ADULT SAILING & KAYAKING

Our Watersports Centre runs a variety of mid-week and weekend adult courses as well as dedicated clubs for you to practice your skills. These are run through the Royal Yachting Association syllabus while kayaking is run through the British Canoe Union star system.

## JUNIOR SAILING & KAYAKING

Royal Yachting Association sailing Stages 1-4 courses and British Canoe Union Kayaking Paddlepower Levels 1-9 courses are available to our younger members. Courses operate after school for six weeks or during school holidays. We also have club sessions on Saturday mornings from 11am to 1pm or Thursday evenings for the more skilled, 5pm - 7pm. We also offer fun days, where you can try sailing, kayaking and raft building. Ideal for those who just want to get onto the river to have some fun or to try a new activity.

## WATERSPORTS ENQUIRIES

Please contact  
[watersports@lensbury.com](mailto:watersports@lensbury.com)

## IN CONVERSATION WITH...

### Our new Chief Watersports Instructor, Harry Windram



With a passion for the water and a vision to expand the club's watersports offerings, Harry is ready to steer the centre to an exciting 2025 season.

## A JOURNEY THROUGH THE WATERS

Having worked in various locations both abroad and around London, Harry has gained a wealth of experience in different sailing environments. His background makes him a well-rounded instructor with expertise in everything from sailing to windsurfing and powerboating.

## HARRY'S FAVOURITE WATERSPORT

Ask Harry about his favourite watersport and he'll tell you it's impossible to pick just one. "Sailing is so versatile, but I also love windsurfing, teaching powerboating and paddling," he shares.

## HARRY'S VISION FOR THE LENSBURY'S WATERSPORTS CENTRE

Harry joined The Lensbury following a highly successful 2024 season and he's determined to build on that momentum. One of his primary goals is to motivate more members and guests to get involved in watersports. "I want more people to experience what we have on offer by creating opportunities for those who may have never been out on the water before. Seeing people grow and gain confidence is one of the most rewarding parts of my job." He says.





# Charity of the Year Ruils Independent Living

Your chosen Charity of the Year for 2025 is Ruils Independent Living.  
This choice highlights our commitment to supporting local initiatives that  
are close to ours and our Members' hearts.



A pillar in the local community, Ruils supports Disabled children and adults of all ages, including those with long-term health conditions and mobility needs. They provide advice, advocacy, and practical services to help their clients live independently, enhancing their quality of life. Ruils' mission is to enable Disabled people, older people, individuals who use mental health services and those with learning disabilities to live the life of their choice reaching their full potential. You can join us in making a difference and be a part of the Ruils story!

Throughout the year, both Lensbury staff and members can support Ruils' impactful projects by participating in a range of engaging and entertaining charity events, while raising crucial funds.

The Lensbury looks forward to supporting the fantastic local cause throughout 2025 with a range of staff and member fundraising and support initiatives. These will help fund projects including community workshops, expanded advocacy services and resources for independent living.

**Together, we aim to build a more inclusive and supportive community.**

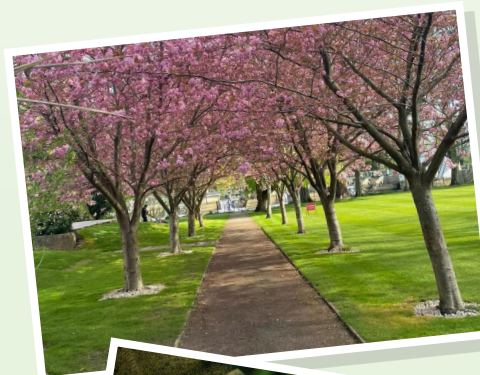
**ruils**  
independent living

# Charity of the Year EVENTS

From garden tours, dragon boat racing to the Thames path challenges, there are several events you can participate in to support Ruils throughout the year.

## THE LENSBURY GARDEN TOURS 29<sup>TH</sup> APRIL & 2<sup>ND</sup> MAY

Discover the natural beauty of our gardens with our Head Gardener, Karl Smith. He'll share insights and tips plus answer any questions you have about your own garden. As part of this special event, we kindly ask for a small donation of £5 on the day. As a token of our appreciation, you'll receive a packet of seeds to plant in our gardens.



## DRAGON BOAT RACE 20<sup>TH</sup> JULY

Compete in this year's Kingston Rotary Club Dragon Boat Challenge to bring home the trophy and raise money for the charity of the year. Two teams of members and staff will participate – one women only and the other mixed.



## ALLOTMENT DAY 5<sup>TH</sup> SEPTEMBER

To celebrate International Day of Charity, a team of Lensbury staff will be clearing and improving the Ruils Allotment on Shacklegate Lane, Teddington. This is a fully accessible space with wide paths and raised beds designed for wheelchair users.







THE LENSBURY

# Events at The Lensbury



Social Events



Family-friendly and  
Children's Activities



Community  
Events



Sports and  
Leisure Events



For more information on events going on at The Lensbury,  
please visit the 'What's on' page of our website.



## RIVERSIDE FESTIVAL

JUNE 21<sup>ST</sup>

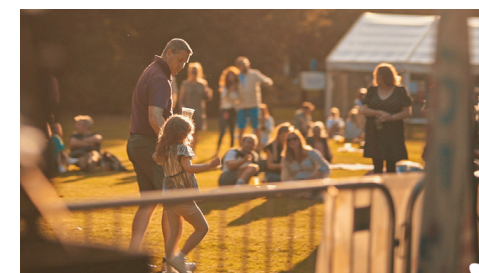
2025



RETURNING TO HEADLINE FOR 2025

# RPJ BAND

Plus music from local artists, family entertainment,  
watersports sessions and more!



**SCAN TO BUY TICKETS**  
GET TICKETS NOW FOR LONDON'S  
RIVERSIDE FESTIVAL  
[LENSBURY.COM/RIVERSIDE-FESTIVAL](https://lensbury.com/riverside-festival)





# RACQUETS

## at The Lensbury

### Matchspace - a must-have for members

If you weren't already aware, our racquet club competition app, Matchspace, is now live!

This app will elevate the racquets experience by serving as your go-to platform for tennis box leagues, club championships and all racquet-related updates. It's an essential for all members interested in racquets at The Lensbury. Simply download the Matchspace app via the QR code below and visit the Racquets section of the Lensbury app to find your login code.



For all  
Racquets  
information, head  
to The Lensbury  
App



### Coaching Clinics

We are thrilled to offer Members' Coaching Clinics, designed specifically for tennis players looking to refine their game. These specialised sessions provide a focused and structured environment where players can work on improving a specific aspect of their technique, strategy, or overall performance.

These clinics will be led by our experienced coaching team and tailored to help players develop key skills, gain valuable insights and build confidence on the court.

*We hope to see you there!*

### Summer Adult & Junior Tennis Camps

Make the most of the summer sun with our exciting tennis camps! Perfect your swing and sharpen your serve on The Lensbury courts while learning the fundamentals of tennis, honing your skills through practice games and - most importantly - having fun!



### MEMBER EVENTS

Look out for exciting forthcoming events this spring and summer, including:

- Opening of the grass courts
- May American Doubles Tournament
- Junior Championships

*And more!*





# ARE YOUR CHILDREN GETTING GOOD SWIMMING LESSONS?

Frankie Woodcock, Head of Training at Swimming Nature



Swimming is one of the most important life skills a child can learn, but not all swimming lessons are created equal. A great lesson isn't just about getting kids in the water—it's about how they learn. So, what should you look for to ensure your child is receiving the best swimming instruction?



## Individual Attention

Children learn best when they get focused coaching. Large group lessons can limit progress, which is why small groups or 1:1 lessons make a real difference. Personalised feedback ensures every child improves at their own pace.

## No Floats or Armbands

Flotation aids create bad habits and delay real skill development. At Swimming Nature, we teach children to swim naturally, so they develop real water confidence from day one.

## Instructors Always in the Water

The best way to learn is with hands-on support. Our instructors teach from inside the pool, guiding children through every movement and helping them perfect their technique.

## Structured Progress & Progress Books

A great swimming programme has a clear pathway for development. Our structured lessons follow a proven methodology, with progress books to track and celebrate each milestone.

## Tailored Programmes for Every Swimmer

Every swimmer is unique, and their learning journey should reflect that. A one-size-fits-all approach doesn't work when it comes to mastering the water. That's why our lessons are carefully structured to suit the needs of each individual, whether they are a complete beginner or looking to refine their technique.

At **The Lensbury**, we run bespoke programmes for babies, children, and adults, ensuring that each swimmer gets the right level of support and challenge to progress confidently.

## Celebrating Every Achievement

Confidence grows with encouragement. Whether it's mastering a new stroke or simply putting their face in the water for the first time, every success is recognised.

## World-Class Facilities at The Lensbury

The Lensbury Club offers one of the finest swimming environments, providing a warm, private, and beautifully maintained pool that enhances every child's learning experience. Swimming in a premium setting makes lessons more enjoyable and productive.



Lensbury Pool

## Exclusive Offer – 10% Off

As a member of The Lensbury, you can enjoy an exclusive 10% discount on term bookings—because every child deserves expert swimming lessons.

Find out more and book today:

☎ 03445 04 05 06

🌐 [www.swimmingnature.com](http://www.swimmingnature.com)

SCAN THE QR CODE  
AND ENQUIRE TODAY



swimming  
nature



THE LENSBURY

# SWIMMING NATURE AT THE LENSBURY

- ★ 1:1 to 3:1 swimming lessons
- ★ No floats or armbands
- ★ Instructors always in the water
- ★ Clear and structured progression
- ★ Programmes for babies, children, and adults



## EXCLUSIVE WELCOME PACK\*

- ✓ 10% off first term
- ✓ Swimming Nature bag
- ✓ Swimming Nature water bottle
- ✓ Swimming Nature swim cap
- ✓ Goggles
- ✓ Progression Book + Stickers

(\*Terms and conditions apply.  
Exclusive to new members of  
our children's programme)

## CONTACT US

☎ 03445 04 05 06

✉ [info@swimmingnature.com](mailto:info@swimmingnature.com)

🌐 [www.swimmingnature.com](http://www.swimmingnature.com)

SCAN AND  
ENQUIRE  
TODAY



Great lessons make great swimmers—give your child the best start in the water at The Lensbury.



LENSBURY.COM

LONDON'S RIVERSIDE RESORT

19



# In the Spotlight

Glowing hotel reviews, expert insights, and member stories - sit back, grab a Segafredo coffee, and enjoy all the latest Lensbury features below.

## Pause Visits

'A sanctuary where luxury and wellness blend effortlessly. Surrounded by lush gardens and breathtaking river views, this retreat feels worlds away from the city's clamour yet remains within reach of the central vibrancy. It is a place where time slows, inviting you to embrace the art of relaxation and renewal.'



**SCAN TO READ MORE:**

**PAUSE Visits:**

*The Lensbury Resort & Grounds*  
Pause Magazine



## Teddington Nub News

'For IED victims in general, high intensity sports are usually not very good. So, swimming is just generally good for health. So, I did quite a bit of swimming. I stayed at The Lensbury for about two weeks, and I was like, you know what, just become a full member and I'll just give it one more go. That sort of sprung me into the whole thing, really.'



**SCAN TO READ MORE:**

**EXCLUSIVE:**

*Training for the 2025 Invictus Games*  
Teddington Nub News



## Sports Tourism News

'Framed and signed squad shirts, silver glinting trophy cabinets and a champions honours board are just some of the sporting memorabilia adorning the walls of The Lensbury Hotel, located on the banks of the River Thames in Teddington. It all reflects more than a century of sporting excellence, ever since its formation as a sports and social club in 1920.'



**SCAN TO READ MORE:**

**The Lensbury tennis retreat review:**

*Game, set and relax in London*  
Sports Tourism News



## The Travel Magazine

'The approach is impressive, an expansive, lovely red brick building, a small reception, an impressive staircase, and a lounge area with a couple of cosy areas with fireplaces, and a spacious restaurant that spills out to a terrace when the sun is out.'



**SCAN TO READ MORE:**

**The Lensbury hotel review:**

*Play tennis & enjoy a day out on the river*  
The Travel Magazine

**FURTHER READING...**

To read more about The Lensbury in the news, scan the QR code.



# A Battling Performance

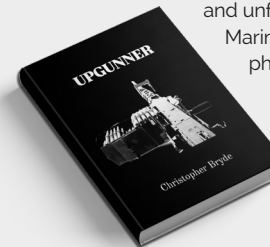
**Lensbury member Christopher Bryde was selected to compete in the 2025 Invictus Games this February for the United States Marine Corps after winning five medals at the Marine Corps Trials.**

The decision was well rewarded as Christopher earned a silver medal in the Biathlon and a bronze medal in Wheelchair Rugby. Chris' amazing performance has made all of us at The Lensbury incredibly proud to have played a small part in his significant achievement.

Speaking on his success at the Games, Christopher said, "The Invictus Games was both a very challenging and rewarding experience. I became the first amputee to ever medal in the Invictus Games Biathlon, winning Silver, with Gold only 19 seconds ahead of me and Bronze over two minutes behind me. I also won a Bronze Medal in Wheelchair Rugby, after a very intense win against Australia."

The Invictus Games is an annual multi-sport event for wounded, injured, and sick servicemen and women, both serving and veterans. The aim of the Invictus Games is to provide opportunities for individuals after trauma and enabling those involved to reclaim their purpose and identity beyond their injuries.

You can read more about Christopher's story, and his journey to the Invictus Games, in his book, *Upgunner* which launched in October 2024. It delivers a raw and unflinching portrayal of a US Marine's battle for survival, both physically and mentally, after awakening from a coma to discover he has lost his leg to an IED explosion.



**Scan QR code for more information.**



Lensbury Member Christopher Bryde pictured with his Silver and Bronze medals at the Invictus Games in Vancouver.



# INTRODUCING OUR Summer Menu



The team have also been busy perfecting fermentations and pickling techniques, embracing a zero-waste approach while creating exciting, flavourful, and health-conscious dishes. A must-try is our fermented grain salad with coriander dressing and a soft-boiled free-range egg. Another crowd-pleaser is our handmade pasta with garden pesto, chilli and lemon, featuring fresh ingredients grown in The Lensbury's beautiful grounds.

The fresh new bar menu is perfect for savouring while watching sports or sharing light bites with friends under the sun on our newly-refurbished terrace. Options include a selection of bao buns (sticky pork belly, bang bang cauliflower, tempura chilli prawns,



Our Head Chef Adam Lestrelle and his team have been working behind the scenes to create an exciting new spring and summer menu. From time to time, you may spot Adam and his team walking through our beautiful grounds, foraging for ingredients to incorporate into the menu, ranging from fresh herbs to wild garlic.



Bringing sustainability to the forefront, the team has been working hard to ensure we use the best local produce from suppliers who share our ethos. Despite rising food costs, we have sought innovative ways to collaborate closely with our suppliers, using their expertise to maintain a strong, competitive offering in the local market.



or buttermilk chicken), grilled chicken wings. In The Restaurant, who could resist, chicken terrine with crispy chicken skin crackling, citrus chalk stream trout with grapefruit, coriander and citrus dressing, and even aged sirloin steak with watercress purée and jacket potato foam.

Given the popularity of our curries, we've included a vegan Thai green curry alongside our delicious chicken tikka, and our chefs continue to source fresh fish daily from day boats and Twickenham's Sandy's Fishmongers.

Our pizzas are back by popular demand, including Prosciutto & Fig, Courgette, Roasted Peppers & Garden Pesto and Classic Margherita.



For those with a sweet tooth, we have indulgent desserts such as Eton Mess, chocolate tart, vegan pannacotta and grilled pineapple with Lensbury honey and granola.

Our children's menu is also packed with fresh additions, from mozzarella sticks and chicken skewers to lasagne, alongside club favourites like fish goujons and beef burgers. Ever popular ice cream sundaes remain, along with pineapple sticks and a mini Eton Mess.

**We hope you enjoy the summer menu as much as the team and I have enjoyed creating it for you!**

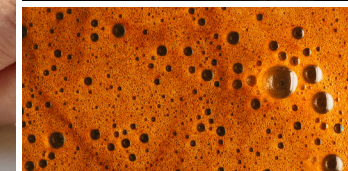




# INTRODUCING SEGAFREDO COFFEE HAND ROASTED Coffee

**Segafredo**  
— ZANETTI —

We're delighted to welcome Segafredo Coffee as The Lensbury's new coffee supplier. Expertly crafted coffee, offering exceptional quality, consistency and flavour.



Savour the exquisite taste of Segafredo in The Restaurant and The Dunbar Members' Lounge. Always remember to scan your Squid app to receive every seventh Segafredo Coffee for free in The Dunbar.

## SEGAFREDO Mondo

Their Rainforest Alliance Certified coffee is a bold blend of rich dark chocolate, sweet maple syrup and toasted nuts, combining for a smooth finish.



## SEGAFREDO Massimo

Segafredo's best selling iconic Italian coffee. A sweet blend of full-bodied beans with hints of chocolate. The Massimo flavour is an authentic espresso blend that reflects the true Italian coffee tradition.

THE  
**DUNBAR**  
MEMBERS' LOUNGE





# Around the Grounds

A Q&A with Grounds Manager, Peter Craig  
and Head Gardner, Karl Smith

## What can our members see as they venture around our grounds this season?

As you explore our grounds this season, you'll be greeted by a vibrant array of newly planted seasonal bedding displays, introduced in June. Key areas of improvement include the Lockside rockery bed, enhanced pond planting and the refined front circle Lensbury granite sign bed.

We've also undertaken a significant replanting effort, selecting varieties that are more resilient to pests and disease. A particularly special addition is the newly planted memorial tree, Prunus Okame, standing proudly on the riverside moorings in memory of Myra Fulford, thanks to a generous donation from our club tennis players.

As you make your way towards Lockside, don't miss our stunning flower beds. This summer they boast breathtaking blue and purple spires of Echium Pininana, a true spectacle that also serves as a vital nectar source for our buzzing bees.

## Peter, how do you and the team manage to maintain such a large area of grounds?

It takes a combination of expertise, experience and sheer dedication. My 40 years in turf management, coupled with Karl's 25 years as a gardener, are complemented by a close-knit, highly-motivated team that works tirelessly to ensure our grounds remain in peak condition.



Grounds Manager  
Peter Craig

## Karl, you've been at The Lensbury for 25 years, what has been your favourite project to work on during your time here?

One of the most rewarding projects I've had the privilege to oversee is the planting of the Prunus Kanzan tree avenue (image left) by the Lockside pool. In 2007, we planted these as five-year-old saplings and it has been truly fulfilling to watch them mature into the magnificent specimens they are today.

## Karl's Top Garden Tips

### What are your key tips to let your garden flourish this summer?

Watering and pest control should be your top priorities during the summer months. To minimise evaporation, water your plants either early in the morning or after 5pm.

Quickly identifying pests and diseases will help keep your flowering plants in top condition. Additionally, allowing spring and summer bulbs to naturally die back into the soil ensures they return strong the following year.

“Regular weeding is also essential to keep your garden looking its best.”

## Are there any essential garden preparations to be doing before summer arrives?

Early spring is the ideal time for pruning shrubs and reshaping plants, just after the last frosts to avoid damage. This period is also perfect for re-defining garden beds and splitting plants for relocation. Ideally, replant just after a rainfall to minimise stress on the plants.

Applying a good mulch in early spring will help retain soil moisture during the hotter months while promoting plant health.

## What's the secret to keeping flowers blooming longer in summer?

Consistent feeding and regular deadheading will keep your flowers blooming throughout the season. Selecting a mix of plants with staggered flowering times will also ensure continuous colour and variety in your garden.

## What are your top tips for protecting plants against pests?

Encouraging wildlife in your garden is one of the best natural pest control methods. Create habitats for birds, amphibians and small mammals by leaving discreet areas with leaf and garden waste.

## What's the biggest challenge when maintaining a garden in the summer?

The biggest challenge is heat, making watering crucial. Early summer is also when pests like aphids and blackfly become most active, requiring vigilant control. Additionally, heat stress can lead to plant diseases, so monitoring and prompt action are essential.

“Encouraging wildlife in your garden is one of the best natural pest control methods.”



Prunus Kanzan tree avenue



Prunus Okame



# Beach Beauty

## Your Ultimate Guide to Glowing Beach-Ready Beauty

As the sun starts to shine brighter and temperatures rise, it's time to get your skin summer-ready. Achieving that radiant, beach-ready glow requires a little preparation and the right products. Here's how to exfoliate, hydrate, and protect your skin for the ultimate summer look.

### Tip 1:

#### Exfoliate for Radiance

To reveal fresh, glowing, skin exfoliation is key. Regularly removing dead skin cells not only brightens your complexion but also allows moisturisers to penetrate more deeply for maximum hydration.

##### Why not try...

**Salt Scrub** – Cleanse and exfoliate with a luxurious salt scrub to buff away dead skin cells and reveal radiant, polished skin.

**Dry Brushing** – Alternatively, try daily dry brushing to smooth and tone your skin. This natural technique increases circulation and effectively targets cellulite, ingrown hairs and dry patches.

##### Our Recommendation:

**Frangipani Monoi Salt Glow Body Scrub** – Indulge in the exotic scent of frangipani while effectively exfoliating your skin.



Scan to see  
our treatments...



### Tip 2:

#### Hydrate for Supple, Soft Skin

Hydration is the secret...

##### Our Recommendations:

**Nourishing Body Cream** – Enriched with essential oils, the Elemis Frangipani Monoi Body Cream leaves your skin velvety smooth and delicately fragranced.

**Deeply Hydrating Body Oil** – Lock in moisture after showering by applying a body oil to damp skin. This ensures long-lasting hydration and a silky finish. We recommend the Frangipani Monoi Body Oil. Perfect for locking in moisture and giving your skin a beautiful sheen.



### Tip 3:

#### Protect for Long-Lasting Beauty

Sun protection is essential to maintain youthful, glowing skin. Safeguard from harmful UV rays and environmental damage by incorporating SPF and antioxidants into your routine.

##### Must-Haves:

**SPF Protection** – Use a broad-spectrum sunscreen to shield against both UVA and UVB rays. Dermatologists recommend an SPF of at least 30 for both face and body. Remember to reapply throughout the day to ensure continuous protection.

##### We recommend:

**Pro Collagen Skin Protection Fluid SPF 50** – A lightweight, non-greasy formula that provides high-level sun protection while keeping your skin beautifully hydrated.

**Vitamin C Serum** – Packed with antioxidants, Vitamin C defends against environmental damage caused by UV rays, pollution, and free radicals. It also repairs sun-induced pigmentation and uneven texture. We recommend the Dynamic Resurfacing Super C Serum, which brightens dull skin and evens out texture.

### Tip 4:

#### Get Summer-Ready at The Lensbury Spa

Our Spa's luxurious treatments and expertly curated products ensure your skin is not only summer-ready but also glowing with health and vitality.

Whether it's an invigorating Salt Glow Treatment or a relaxing Frangipani Monoi Body Ritual, we've everything you need to achieve radiant, beach-ready skin.

**Get ready to glow this summer with perfectly prepped, hydrated, and protected skin.**





# BODY STRENGTH BUILDER & CARDIO BLAST

**PUSH YOURSELF THIS SEASON WITH A CHALLENGING YET FUN FITNESS ROUTINE!**

Our expert personal trainers have carefully crafted 2 workout plans, Body Strength Builder and Cardio Blast, so no matter what your fitness goals are, we've got you covered!

## BODY STRENGTH BUILDER

Ready to work off some extra fuel? Get your heart racing and try this quick high-intensity workout to effectively burn calories!

High Knees – 3 x 20 seconds  
Skip – 3 x 30 seconds  
High Knees – 3 x 30 seconds  
Push Up – 3 x 10 reps  
Sumo Squat – 3 x 10 reps  
Lateral Bound – 3 x 30 reps  
Lateral Skip – 3 x 40 seconds  
Skip Jump – 3 x 40 sec  
Body Rotation – 3 x 40 sec

## CARDIO BLAST

Push yourself to the limit and increase your strength with this all-round muscle builder!

Bike – 10 minutes  
Mobility Stick Rotation – 10 reps  
Mobility Stick Behind Back – 10 reps  
Power Band Rotation – 2 x 5 seconds  
Treadmill – 10 minutes at 4.9km/h  
Step Ups – 2 x 30 seconds  
Tubes High Row – 2 x 10 reps  
Squat to Chair – 2 x 10 reps  
Tubes Chest Press – 2 x 10 reps  
Crunch – 2 x 10 reps  
Glute Bridge – 2 x 10 reps  
Quad Stretch – 30 seconds  
Hamstring Stretch – 2 x 14 reps  
Calf Stretch – 30 second  
Back Stretch – 30 seconds  
Shoulder Stretch – 30 seconds

Not all exercises are suitable for everyone. Perform exercises at your own risk.



# Personal Training

**DEDICATED TO HELPING YOU ACHIEVE YOUR FITNESS GOALS**



- ✓ Injury prevention
- ✓ Progress monitoring
- ✓ Personalised attention
- ✓ Accountability

**Sessions from only £43**

**SCAN TO FIND OUT MORE**



Not all exercises are suitable for everyone. Perform exercises at your own risk.

**Book your session today!**



# Member Benefits

## REMINDER

As a member of The Lensbury you enjoy exclusive access to a wide range of facilities and benefits, all in one exceptional location. With so much to explore, it's easy to overlook some of the perks available to you that make your membership even more rewarding. So, here's a friendly reminder of what you can enjoy.

### Mooring Rights

Enjoy exclusive mooring rights at just £44 per foot of boat per year. If you're interested in securing a spot, please contact the Watersports Centre in writing for more details. Our mooring berths come equipped with power points and fresh water for your convenience.



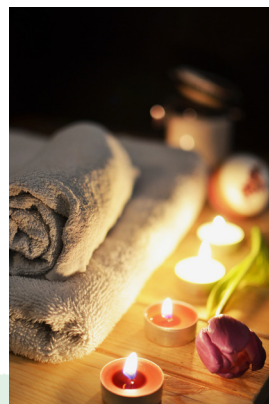
### Activity Passes

As an adult member, you receive six guest passes per year, perfect for showing friends and family what they're missing out on. Passes are valid from April to March, with any unused passes expiring on **31st March**. Six new passes will be issued for the next membership year.



### Function Room Hire

Your club is the perfect venue for your special occasions. From birthdays to anniversaries, we offer four unique function rooms for hire at **no cost** (excluding Saturdays). For enquiries and bookings, please reach out to our events team at [conferences@lensbury.com](mailto:conferences@lensbury.com). T&Cs apply. Minimum spend on food and drink applies.



### Spa Treatments and Product Discounts

Relax and unwind with a **20%** discount on spa treatments as a member of The Lensbury Club between Sunday - Thursday. Simply quote your membership number when booking and relax in our serene treatment rooms.

### MyWellness App

Maximise your fitness journey with our digitally-connected Lockside Gym, powered by TechnoGym. Download the MyWellness App to track your progress, monitor your activity and receive coaching tips. Make your cardio sessions more enjoyable by streaming Netflix, watching YouTube or listening to your favourite playlists.



### On-Demand Classes

Stay active, no matter your schedule or the weather. The Lensbury App offers on-demand classes, including Yoga, Pilates and strength training, allowing you to maintain your fitness routine from the comfort of your home. To explore our full range of classes, visit **Home > Fitness > On-Demand Classes** on The Lensbury App.



### Your Dunbar Digital Loyalty Card – SQUID

If you haven't already, register using the QR code below and start earning stamps for every hot drink purchased in The Dunbar. Collect seven stamps and enjoy a hot drink on us. It's our way of saying thank you for being part of our community



SQUID

### Hotel Accommodation and Restaurant Discounts

Enjoy exclusive savings with your membership!

Enjoy **20%** off our best available hotel rates when booking directly and save **10%** on your food too..



### Crèche

Drop your little ones off at The Lensbury Crèche when you're working in our co-working space, hitting the gym, or joining a class. Enjoy peace of mind for less with our discounted crèche rates for members.





# THE DUNBAR

MEMBERS' LOUNGE

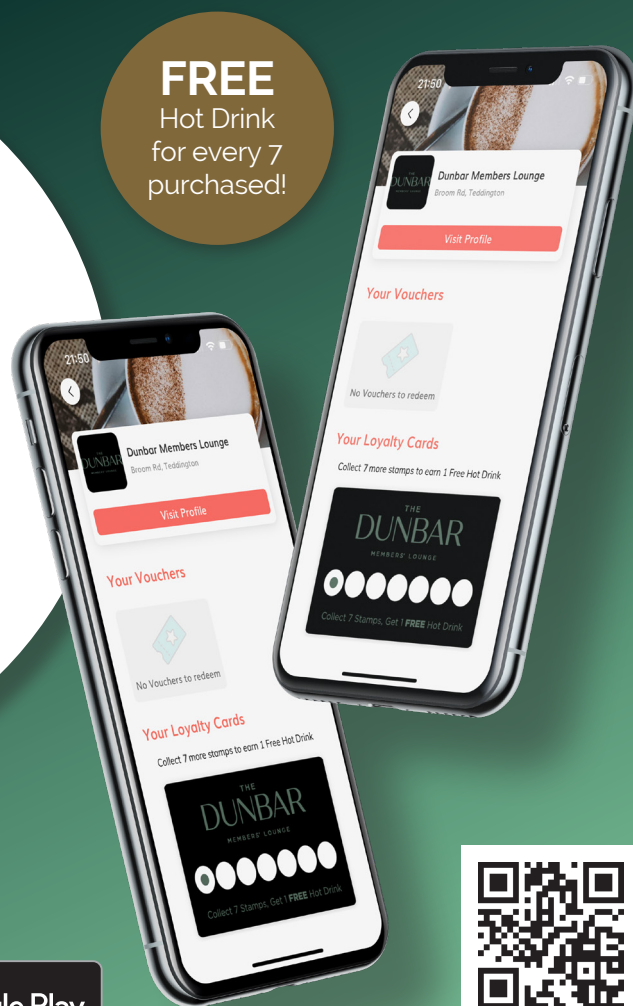
## YOUR DUNBAR HOT DRINK DIGITAL LOYALTY CARD

A reminder you can **enjoy a hot drink FREE for every 7 hot drinks purchased** via the Squid App.

It's our way of saying thank you for being part of our community...

SQUID

DOWNLOAD  
SQUID - Loyalty + Rewards



**FREE**  
Hot Drink  
for every 7  
purchased!



\*Terms and conditions apply



THE LENSBURY

# LENSBURY X CHILLY'S

Take a little bit of The Lensbury with you wherever you go... Keep your drinks at the perfect temperature while reducing waste with our Lensbury branded reusable coffee cups and water bottles.

Available to buy now.



Water bottle  
**£30**  
EACH

Coffee Cup  
**£30**  
EACH

**SPECIAL  
OFFER**

Buy a coffee cup and  
water bottle together  
for only £50

Get yours at Members' Reception







# TIDAL

THE LENSBURY MEMBERS' MAGAZINE

DISCOVER OUR DIGITAL MAGAZINE  
BY SCANNING THE QR CODE

