

TIDAL

THE LENSURRY MEMBERS' MAGAZINE

ISSUE 07
SPRING / SUMMER
2026

A RIVERSIDE SUMMER

CLUB UPDATES

WATERSPORTS CENTRE RE-OPENS AND
MEET OUR NEW RESTAURANT
& BAR DESIGNER

NEW ADDITIONS

DISCOVER OUR NEW SPA TREATMENT
AND FITNESS CLASS

AND LEARN MORE ABOUT OUR FAMILY
OFFERINGS AND CHARITY OF THE YEAR



TIDAL

THE LENSURBY MEMBERS' MAGAZINE

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Welcome

to the latest edition of TIDAL, your biannual overview of all that is 'up and coming' at The Lensbury.

We are delighted the long-awaited refurbishment is underway; thank you for your patience during this transition period. This renovation marks the beginning of an exciting new chapter, as we transform our Clubhouse bedrooms, Restaurant and create a truly special Sports Bar; the only place you will want to gather to watch televised sport in the future. These areas have been thoughtfully redesigned to maximise their potential, whilst continuing the lovely design weaved through the Dunbar Members' Lounge; we can't wait to open them later this year.

Summer is one of the very best times of year to experience Lensbury, and we're delighted to reopen our Watersports Centre for another season on the Thames. Please do make the most of our watersports offering – a true benefit of this magnificent location. With sport so intrinsic to our heritage, we are looking forward to launching our 'Summer of Sport' offering, with a spectacular big screen in the grounds, accompanied by an al fresco food and drink offering, ensuring you don't miss a single moment of the full calendar of exciting sporting occasions this summer.

On the events front, we are delighted to announce the return of our popular Riverside Festival on 13th June. Headlining the main stage is Fake Tan, the UK's ultimate party band, renowned for their high energy performances and appearances at major events, including celebrations for the Lionesses, England's Women's Football Team, following their Euros win right here at The Lensbury.

We're also proud to be supporting our Charity of the Year, Princess Alice Hospice, as voted for by our members. Founded by local residents more than 40 years ago. The hospice does an incredible job of providing exceptional care for patients and their families. We are hosting a fun and varied programme of fundraising events, including inter-alia, our Lensbury Dragon Boat Race, Garden Open Day and Thames Bridge Trek Walk. Please look out for these to sign up, and encourage all to give generously to this worthwhile cause.



Finally, I'd like to say thank you to our members and guests, for your continued support as we continue with the improvements; your involvement, whether through our events, your feedback or simply spending time with us, continue to shape everything we do.

We are looking forward to an exciting summer ahead, and to creating even more exceptional experiences at The Lensbury.

Claire Llewelin-Davis

Claire Llewelin-Davis
Managing Director



DONATE NOW

NEW

MEET THE DESIGNER BEHIND OUR

Restaurant & Bar

As the Lensbury's dining and social spaces evolve, designer Frances Blackham of Trevillion Interiors offers insight into the concepts shaping this renovation.

What inspired the design concept of the new restaurant? Has the Riverside location influenced it?

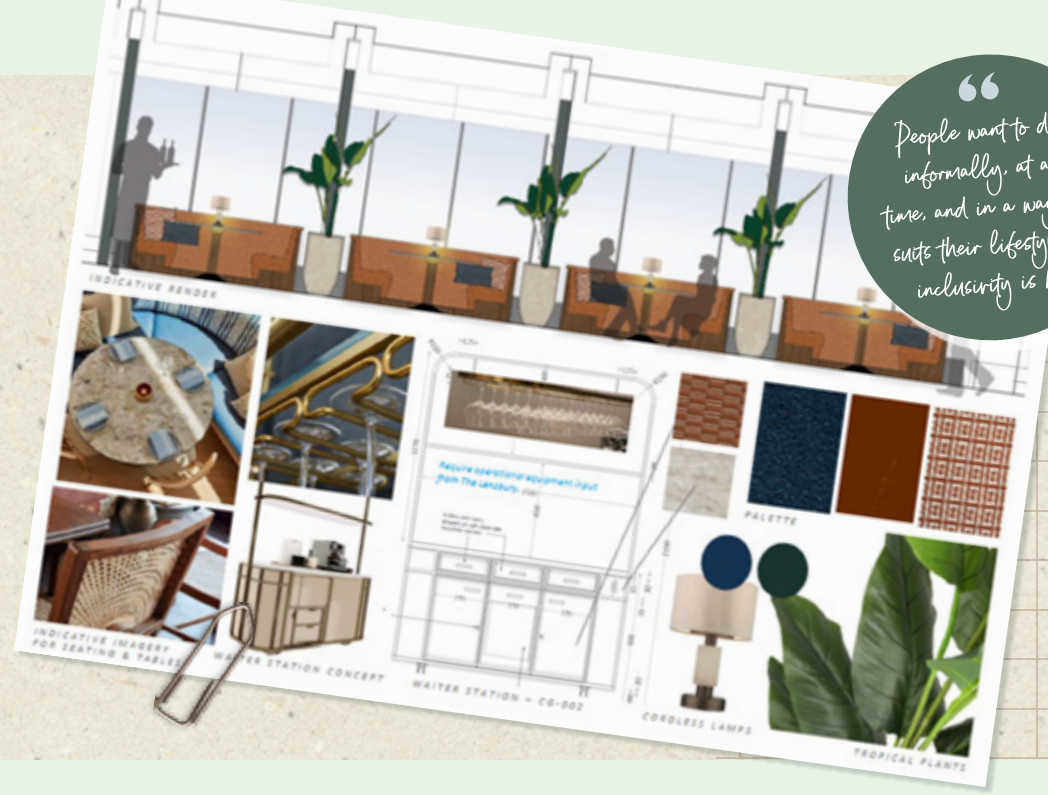
Yes. From studying the building's DNA, how members use it, the Lensbury's history and Shell's origins, the new design follows a home-related theme that runs throughout.

The restaurant is divided into three zones: a family-orientated conservatory with round tables and direct access to the terrace and riverside; an adults-only area with a mature, orangery-like vibe using tan, navy and planting; and a breakfast area set further back that must cope with operational demands but reflects the Lensbury's 'home from home' identity through an aspirational, upmarket kitchen aesthetic.

How do you envision incorporating our sporting heritage within the sports bar area?

We began with practicalities: understanding how the sports bar operates, especially when visiting international teams create a loud, energetic atmosphere so the space has now been enclosed to contain that energy. This gives us a chance to showcase the trophies and sports memorabilia without it becoming cluttered or dated; instead, sports elements like embedded tennis rackets appear in contemporary, unexpected ways. The bar will have a large screen for major events and aims to feel inclusive, appealing even to those who aren't sporty, with thoughtful touches like an armchair with a cane arm to it to maintain warmth.

OUR Inspiration



“People want to dine informally, at any time, and in a way that suits their lifestyle, so inclusivity is key.”

What design themes and colour palette are you considering at the moment?

Each area has its own palette, but they share threads that create flow. Starting at reception, terracotta, dusty green and neutrals appear alongside a pleated light fitting inspired by Wimbledon and cricket-pad quilting on the desk front. The green deepens in the small lounge, becomes stronger in the sports bar, then shifts toward navy and burgundy in the lounge bar and kitchen before returning to terracotta and navy in the conservatory. These colours stem from Lensbury's branding, interpreted with artistic licence so the progression feels consistent and homely rather than abrupt.

How will this new design enhance the dining space for members and hotel guests?

The design enables varied seating at different heights and settings, from poséur tables to sofas, dining tables, booths and bar stools, accommodating anything from quick coffees to larger social gatherings. Flexible elements like mobile planters allow the breakfast area to be screened for private events, and spaces can shift between casual and more formal atmospheres; for example, the conservatory could become a fine-dining space in the evening or a lively brasserie at Sunday lunch. These changes of level and style aim to make the experience appealing across different needs and times of day.

How would you describe your design philosophy when working on hospitality spaces?

My background in high-end residential taught me to respond to a single client, but in commercial hospitality,

functionality and commercial viability come first: seating capacity, operational flows, and ensuring spaces work under pressure. Once the story and building's 'DNA' are clearly defined, the design intent naturally follows and can be justified; choices like the tennis-skirt-inspired light fitting meet operational needs and align with the narrative. This avoids arbitrary styling and ensures the building receives the design it was always meant to have rather than imposed aesthetics.

How do you balance that originality with functionality and design?

The building's long, low space and immovable elements, like the air-conditioning units in the ceilings, required solutions that were both cost effective and elevating, such as zoning areas and adding a decorative batten ceiling design to disguise the irregularities. These constraints generate originality because they are unique to the Lensbury; the solutions are authentic responses rather than attempts to be unusual. The process must also absorb operational changes over time, ensuring equipment adjustments or new requirements can be accommodated without compromising the design.

Dining today is as much about social connection as food quality; environments must feel warm, lively and accommodating so all generations and personality types feel welcome.





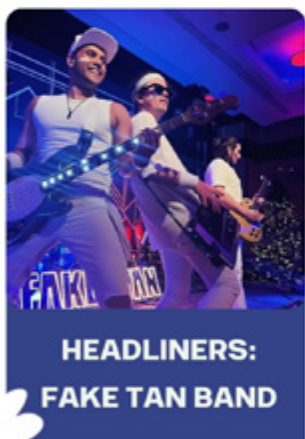
RIVERSIDE FESTIVAL

JUNE 13TH 2026



LIVE MUSIC & MORE

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



HEADLINERS:
FAKE TAN 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

Get more OUT OF YOUR MEMBERSHIP

Whether you're new to The Lensbury Club or a long-standing member, we want to ensure you're making the most of everything your membership has to offer. From exclusive discounts to member-only access to exciting monthly events, here are all the benefits you unlock with a membership at The Lensbury.

Racquets Area

Take a swing at a Racquet Sports, choosing from Tennis, Squash, Padel and Pickleball. Whether you're a beginner or a pro, we also offer coaching for adults and kids.

Premium Gym

Train in our state-of-the-art gym facilities and sign up to any of our 165+ fitness classes available.

Indoor Heated Swimming Pool

Enjoy a reinvigorating swim in our top-tier swimming pool then wind down in our saunas and steam room.

Children's Camps, Activities & Crèche

Keep the little ones entertained all year round with our half term camps, courses, and calendar of fun activities.

Co-working Spaces and Dunbar

Work in comfort in our co-working spaces, then refuel with a freshly prepared meal in our private members' lounge.

Calendar of Events

From monthly book clubs to Fireworks Night, and much more. Unlock access to exciting free events and get a discount on our workshops, classes, and big annual events.

Exclusive Discounts

Make the most of our facilities while saving on dining, Spa treatments, Remedy, and room hire with your members' discounts.



Find out more

A Summer of

ADVENTURE

awaits our Junior Members

Summer is the perfect time for our junior members to make the most of our 25-acre riverside Club. From play areas to fitness sessions and wide-open green spaces, there's plenty to keep children active, social, and smiling.

Outdoor Playground

🕒 Open Daily 8am-8pm

It's a great spot for little ones to enjoy some fresh air, climb, slide, and burn off extra energy.

Soft Play in Rock Hall

🕒 Open Daily 8am-8pm

A member favourite! Offering a secure, all-weather space for little ones to climb and play.

Crèche

🕒 Open Daily 9am-12.30pm

Parents can enjoy time in the gym, spa, or studios while little ones are cared for. Available from 3 months to 6 years, the Crèche offers up to three hours of supervised care within an OFSTED guided environment.

Multi-Use Games Area (MUGA) Pitch

🕒 Open Daily 8am-8pm

It's perfect for practising football, basketball, and general ball games. It also hosts our popular after-school football drop-in sessions.



Dunbar Lounge Treats

After a busy day of play and activity, a stop at the Dunbar Lounge always goes down well. Kids can enjoy our delicious cookies or choose a refreshing fruit smoothie to refuel.

Riverside Lawns

Nothing says summer at The Lensbury like time spent on the riverside lawns. Whether it's enjoying a picnic, outdoor games, or relaxing in the sunshine. Keep an eye on the riverbank too — you might spot otters, herons and seals.

Junior Gym & Kids' Fitness

We're proud to support active, healthy habits for all ages. Juniors aged 13-15 can use the Junior Gym after completing their induction, with sessions bookable via Members' Reception. Younger members can join our free fitness sessions, including Junior Cardio Blast (7-9 years) and Strong Kids Circuits (9-12 years).

With so much to enjoy right on your doorstep, we hope your family takes full advantage of the Club this summer.

COME & JOIN THE FUN!



Fun-filled holidays start here!

Make this summer unforgettable for your little ones with our exciting programme of Kids Camps

Summer Kids' Camps

Aged 5–12 years | Half Day • Full Day

Keep kids active, social, and smiling all summer! Our popular Kids Camps offer small groups and a fun mix of activities to keep them entertained, including:

- Special cricket, football and multi sport sessions
- Arts & crafts
- Cinema time
- Free play
- Splash Hour in the pool

Whether you need a single session or full-week cover, our flexible booking options make summer planning easy.

Racquets Camps

Aged 5–11+ years | Join for a day or week (4 days)
Prices from £33

Serve up a brilliant break with our Tennis & Padel Camps, perfect for beginners and budding pros alike. Led by our expert coaches, children will sharpen their skills, build confidence, and discover the joy of racquet sports in a relaxed and friendly setting.

Kids will learn everything from forehand swings to drop shots, along with fun games that help improve technique, teamwork, and on-court tactics

Watersports Courses

Aged 8–16 years | Day & Week Courses

Let your young adventurers take to the water with our river-based watersports programme.

- Royal Yachting Association Sailing (Stages 1–3)
- Paddlesport courses for beginners and improvers
- Watersports Fun Days, ideal for children who want to try a mix of activities such as sailing, kayaking, and raft building



Scan the QR code to find out more



Softer, radiant skin



WITH

ELEMIS

Discover these bestselling cleansers, designed to melt away impurities and leave the skin deeply nourished.

View our range of ELEMIS products by visiting the Spa





DINING

AT THE

Lensbury

Whether you're looking for a healthy lunch after a workout, a tasty treat to make the day sweeter, or your morning coffee, The Dunbar offers a range of options for many.

Choose from a variety of healthy salads, nutritious sandwiches & breakfast bowls, delicious sweet cakes and pastries, and refreshing smoothies or warming hot drinks. Recently, we've introduced a few more additions to the menu that we hope will uplift your day:

Poke Bowl with hot smoked salmon, rice, pickled carrot, cucumber, edamame beans, served with sesame seeds, chillies, and ponzu sauce. The perfect light yet nutritious lunch.

Chicken Pesto Ciabatta with Lemon and herb marinated chicken, nut-free pesto and mozzarella in a ciabatta. A well-rounded lunchtime favourite for anyone wanting something filling without feeling heavy.

Revive Smoothie made from white grapes, banana, kale, acai, and apple juice. Rich in antioxidants, it's designed to help you feel energised, support your immune health and promote overall wellness.

Fun Fact



Did you know that The Lensbury has its own beehives? Our drizzle-worthy honey is available to purchase from The Dunbar, make sure to give it a try!



1920 SPORTS BAR

1920 Sports Bar is our vibrant hub for casual dining and sport, offering small plates, sharing dishes and relaxed lounge favourites, supported by craft beers, pitchers and low/no-alcohol serves. The menu mixes lighter bowls and wraps with elevated bar classics and match-day specials.

With the Dunbar now offering more choice than ever, attention turns to the new Restaurant and Bar, where a whole new food experience is taking shape.

RIVERSIDE KITCHEN

Riverside Kitchen delivers modern seasonal dining built on elevated British gastro-pub cooking, healthier contemporary options, and refined comfort dishes. The focus is on beautifully presented plates, sustainable ingredients and a relaxed, approachable feel.

Sample Menu

STARTERS

Verbena Crab Cakes with Wild Garlic Mayo

MAINS

Chilli Prawn Linguine

Beetroot Glow Salad Bowl

Vegan Massaman Curry



2026 SEASON

Watersport Ready

We're excited to announce that The Lensbury Watersports Centre is now open for the 2026 season and we can't wait to welcome you back to the river.

Discover Your Sport

If you've never tried a watersport before, this is the perfect moment to dive in. Our instructors are here to guide you through the basics or help refine your technique across paddle boarding, sailing, kayaking, and canoeing. We run a full programme of courses for adults, designed both for beginners and for those looking to build confidence and grow their skills.

For a more personalised approach, private tuition is available, tailored around your goals and needs.

Enjoy Scenic River Trips

There's something special about exploring the Thames at your own pace. Our skiffs offer a relaxed way for families and friends to spend time together, free for members and perfect for wildlife spotting, pub stops, or simply drifting along the river's quieter stretches.

If you prefer a little more speed, hire one of our motorboats and cruise downstream to visit the historic Hampton Court and explore the beautiful riverside homes.

Junior Camps & Courses

For younger adventurers, our school holiday programmes turn the river into their playground. Children can join week-long or day courses that match their experience level, or sign up for our 'fun week' sessions to try a bit of everything, from kayaking to sailing and more.

As they progress, junior paddlers and sailors can take the next step by joining our Sailing & Paddlesport Club, where they'll enjoy friendly competition and continue building their skills.

Watersport Parties & Team Challenges

Make your next celebration unforgettable with a watersports party. Whether it's kayaking, raft building, or our longer Combi Party that mixes multiple activities, your group will enjoy the chance to try a fun sport on the Thames, followed by time to celebrate on land.



Ready to Take to the Thames?

The Watersports Centre is open, the river is calling, and we can't wait to see you back on the water. Book your next adventure today via The Lensbury App or by contacting The Lensbury Watersports Centre on 020 8614 6554 or watersportscentre@lensbury.com



Princess Alice Hospice

We're proud to have Princess Alice Hospice as our Charity of the Year for 2026.

Many of us will recognise their name from their charity shops across their care area, which play a vital role in supporting the compassionate care they provide. But what you see on the high street is only a glimpse of the extraordinary work this charity carries out every day.

For 40 years, Princess Alice Hospice has been delivering free, specialist palliative and end-of-life care to people in the London Boroughs of Richmond and Kingston and large parts of Surrey. Their dedicated teams - made up of specialist nurses, doctors, therapists, social workers and bereavement counsellors and volunteers - support more than 1,000 people in need at any one time. Today, over 90% of

this care takes place outside the Hospice building, in people's own homes and communities.

A Supportive Home Away From Home

At the heart of the Hospice is their In-Patient Unit, which offers highly personalised care in a calm, welcoming environment. While end-of-life care is often imagined as long-term, many stays at Princess Alice Hospice are relatively short, often 10 days to two weeks and some patients are able to return home once their pain has been managed.

Every room on the IPU opens onto outdoor space - whether a balcony, terrace or access to their beautiful gardens, which are lovingly maintained by volunteers. Families and friends can visit freely, stay overnight if needed, and much-loved pets are always welcome. The focus of the care extends beyond the patient, to ensure that loved ones receive emotional support from trained therapists, bereavement counsellors and volunteers. This support extends to bereaved children and includes specialist services to help children through difficult times.

More Than Clinical Care

Beyond medical care, Princess Alice Hospice offers a rich programme of holistic and practical wellbeing services, which extend into the community. Their Wellbeing Centre hosts clubs, courses, and activities in-person and online, helping people to stay active, creative and connected. Within their care area, they offer an extensive range of bereavement cafés, walk and talks, while their Compassionate Neighbour scheme matches volunteers with community members who may be socially isolated and in need of companionship, or simply a cup of tea and a chat.



They also offer a unique space called The Man Shed, a supportive workshop environment where men (and women) can come together to talk, share experiences and work on woodworking projects.

Honouring the Memory of Loved Ones

Princess Alice Hospice also offers thoughtful ways for families to remember their loved ones. Through their Giving Dove initiative, families can donate in memory of someone special and have their name added to a beautiful sculpture at the Hospice entrance.

Powered by Volunteers

The idea for a local Hospice was born over 40 years ago and the charity remains rooted in its community to this day. Today, it's supported in its work by over 1,400 dedicated volunteers who give their time in over 80 different roles. Volunteers are involved with everything from fundraising efforts to garden, maintenance, from flower arranging to community support. For some, it was a personal connection to the Hospice that first inspired them to get involved, and many have formed close, long-term friendships in their roles.

Each year it costs Princess Alice Hospice £12.3m to fund its free services for local people. Just 20% of that is provided by NHS grants. For the rest, Princess Alice

Hospice relies on the generosity of its community - kind people who contribute and buy in their shops, donate and fundraise. It's this generous local support that contributes to helping fund the free care they continue to provide to thousands of families each year.

Real Impact On The Lives of Many

Thanks to Princess Alice Hospice, Andy has found comfort, connection and purpose through the Man Shed. After his wife Louise received compassionate care both on the ward and at home, she hoped the Man Shed would one day support Andy and their sons and, true to her wishes, Andy began attending shortly after she died. Now, coming to the Shed a couple of times a week has helped him cope with his grief, support others, and even move from being a 'shedder' to a session leader, joined often by his sons, Chris and Alexander, as they continue building bonds and stay connected to the Hospice community.

Support our Charity of the Year

Princess Alice Hospice





Princess Alice
Hospice

Three ways you can help



1.

Donate online



2.

Sign up for news and updates by email



3.

Follow on social media at @PAHospice



For Excellence. For Compassion. For People. For Living.

PRINCESS ALICE HOSPICE

Events

Princess Alice Hospice will take part and host a series of charity events but needs volunteers to ensure that their fundraising efforts are a success. If you would like to play your part, here is a list of ways you can do so:

Summer Fête and Dog Show Leafleting
1 April - 10th June

Summer Fête and Dog Show Event Help
14th June

Princess Alice Hospice Football Tournament Event
21st June - 22nd June

Friends Committee May Fair
9th May

Kingston Dragon Boat Race
17th July

Leafleting Santa Fun Run
1st October - 1st December

Royal Parks Half Marathon Cheer Station
11th October

Marshalling Santa Fun Run
6th December - 14th December

Elf Run Promotion
1st September - 1st December

Christmas Tree leafleting garden centres
1st October - 20th December

Christmas Tree Collections
8th January 2027 - 15th January 2027

Reach out to the Volunteering Team on 01372 461856 or email volunteering@pah.org.uk



EVENTS AT THE LENSBUY



THE LENSBUY

SEASONAL EVENTS

From themed events, special menus and workshops.



COMMUNITY EVENTS

Fundraising activities to give back to our local community.



KIDS ACTIVITIES

Fun-packed kids camps and courses to keep the little ones busy!



RIVERSIDE FESTIVAL & FIREWORKS NIGHT

Our two biggest annual events not to be missed.



THE LENSBUY

Weddings at The Lensbury

Celebrate your special day in one beautiful location, framed by a century of history and tranquil riverside scenery.

Start planning your perfect day



VIEW MORE OF WHAT'S COMING UP AT THE LENSBUY CLUB

The Lensbury
Broom Road | Teddington
Middlesex | TW11 9NU



First Serve

Introducing our new Racquets Manager, Richard Henman



Bringing more than 30 years of racquets expertise and a strong family history in tennis, we are delighted to welcome Richard Henman as our new Racquets Manager.

What made you excited to join The Lensbury as Racquets Manager?

The club's rich history, world-class racquets, sports and wellness facilities, and passionate community made it a unique opportunity.

With the recent introduction of both padel and pickleball, I'm looking forward to working with the team to elevate the racquets programme, create memorable sporting and social experiences that offer value for money for all racquets members. The Lensbury's commitment to excellence aligns with my own personal and professional values, and I'm excited to contribute to the club's future success.

How does your professional experience support your new role?

I bring a high level of expertise in tennis, padel and squash coaching, club management and wider commercial sports marketing experience to this role.

As a Level 4 LTA accredited coach, I've worked across top clubs and performance programmes, from The Hurlingham Club to Dukes Meadows Academy and the Queen's Club Foundation. I'm also a Level 2 Padel Instructor, having developed new padel programmes for David Lloyd Clubs, with additional experience in squash and member-focused coaching.

This has given me skills to lead high-performing coaches and teams and to develop innovative racquets programmes, foster and build strong relationships with club members, coaches, colleagues, partners and wider sports communities.



What will be your key focus for the racquets community this year?

My key focus will be to enhance the overall member experience across all the racquets sports and develop and grow an engaging and social racquets pathway. I want to ensure each sport caters for all standards of players and age-groups, and run inclusive and enjoyable programmes, featuring fun social events, group and individual coaching, tournaments, club leagues and inter-club matches.



I'll be working closely with the coaching team, colleagues and club members to identify new opportunities for growth and innovation and will ensure The Lensbury remains one of the UK's leading premium tennis and racquets venue.

What message would you like to share with members as you get started?

I'm excited to join your incredible club and will be committed to listening to member feedback, servicing member requirements and open to discussing new ideas to improve the racquets programme.




WHAT A RACQUET!



WHERE TRADITION, TALENT AND SUMMER SPORT COME TOGETHER

A true staple of The Lensbury, our renowned racquets facilities are at the heart of club life. With 24 exceptional courts— including 2 padel courts, 3 pickleball courts and 19 tennis courts from immaculate grass to high performance artificial clay—this is the perfect place to practise your serve, learn from expert coaches, or challenge fellow members on court.

A COACHING PROGRAMME FOR EVERY PLAYER

Our racquets programme is supported by a talented team of coaches offering one of the most comprehensive coaching pathways in the area. Members can enjoy:

- Junior & Adult Development Programmes
- Squash Coaching
- Holiday Camps
- Coaching Clinics
- Club Competitions & Tournaments
- Social Tennis Sessions
- Padel & Pickleball Coaching



FIND OUT MORE



MEMBER ARTICLE

Thames Water's plan UPDATE



Bathing Water Status nearby gets governments provisional approval

SOLAR is delighted to see that the Government has announced that a stretch of the Thames just upstream and opposite The Lensbury grounds has been designated for Bathing Water Status subject to a local consultation ending in March. The Blue Tits swimming club nominated this stretch of the river which is essentially opposite Trowlock Island.

When a site is finally designated, the Environment Agency (EA) is legally required to:

Monitor water quality throughout the bathing season (May - September): with regular testing for harmful bacteria (like E. coli) and issue an annual water quality classification of Excellent, Good, Sufficient or Poor.

Provide transparency: results must be displayed publicly, allowing swimmers, paddleboarders, and families to make informed decisions about entering the water.

Drive investment: if the water quality does not meet the standards the EA will investigate the sources of pollution to identify remedial measures that should be put in place.

Gaining designation for 'our' stretch of river would put immense legal and public pressure on Thames Water to investigate and fix the current sources of pollution upriver.

Local campaign group Save Our Lands and River (SOLAR) has issued a new update on the ongoing opposition to Thames Water's plans for a Direct River Abstraction scheme in Teddington.

Last summer, an unprecedented 14,735 people responded to the statutory consultation on Thames Water's (TW) Direct River Abstraction scheme or so-called, "Thames Sewage Pump" as it has become known. The vast majority with objections. This response was well over ten times the level of similar schemes.

In order to widen awareness of the objections and alternatives to TDRA, and maintain pressure on parliament for legislative reform, SOLAR is in readiness to launch in April a national e-petition calling for a parliamentary debate on the water treatment issue. The petition is required to get 100,000 endorsements over a six-month period for the opportunity for a debate.

The e-petition will run alongside and give weight to the positive governments legislative proposals expected later this year for the water sector.

Scan the QR code to learn more



THE Lensbury IN HISTORY

The story starts in 1920, when the Royal Dutch/Shell Group sought to create something unusual for its employees — a dedicated sports and social club where staff could play, connect and recharge. Land was purchased along Broom Road, and within a year the newly formed Lensbury Social and Athletic Club was bustling with activity in cricket, rugby, rowing, hockey, tennis and even chess. It was, from the beginning, a place rooted in camaraderie, shaped by the belief that leisure and community mattered.

Its name, cleverly crafted by combining St Helens and Finsbury — the locations of Shell's London offices — reflected its origins, but the space itself quickly outgrew the simplicity of its founding idea. Through the 1920s and 30s, The Lensbury expanded across both sides of Broom Road, acquiring new land and properties as its membership soared. In 1933, a merger with BP's Britannic House club created a unique joint venture, amplifying both clubs' ambitions for sport, recreation and community life.

By 1938, a striking new clubhouse rose from the riverside — a Georgian-style red-brick building containing 162 bedrooms, dining rooms, a ballroom and a range of facilities that turned the club into a full-scale destination.

Designed by Walker and Harwood and built by Trollope & Colls, the new building reflected both the era's architectural optimism and the club's widening role in the lives of its members.



Then came the war. Like much of London, The Lensbury was pressed into service, its bedrooms turned into offices and its sports grounds ploughed to grow vegetables. Activities paused, but the community spirit remained, waiting to be rekindled when peace returned. By the early 1950s, the club was alive once again with sport, leisure and new pursuits. Membership climbed to 5,000 by 1956, with 27 activities, and continued to rise through the 1960s as sailing, ballroom dancing, keep-fit classes and more found their home on the Thames bank.



The partnership with BP ended in 1962, returning the club fully to Shell employees. Training facilities were added in 1967, expanding its role from leisure venue to corporate learning hub. And by the 1970s, financial and social changes prompted a shift towards a members-governed structure — a sign that the club's community was now strong enough to carry its legacy forward itself.



In the late 20th century, The Lensbury gradually transitioned from a private corporate club into the broader leisure, hotel and conference venue recognised today. In the 1990s, the name "Lensbury Club" gave way to simply The Lensbury, signalling a new chapter. And in 2019, ownership passed from Shell to London & Regional Properties, allowing the property to continue evolving as a riverside retreat for a new generation of members and guests.



Walk through its grounds today and you'll find echoes of every chapter: the original sporting spirit, the sense of retreat from city life, the dedication to community and wellbeing, and the unmistakable character of a place shaped by a century of people coming together.



And like the Thames itself, The Lensbury continues to move forward - carrying its history with it while carving a fresh path for the next hundred years.

A New Wave of Relaxation

Lava Shells

We're delighted to unveil our newest Spa treatment: an exclusive massage that harnesses the warmth and smoothness of natural shells to release muscle tension.

Why Lava Shells?

Lava Shells begin their journey in the ocean, as the beautiful tiger-striped clams that naturally form them. Once polished and paired, they create the ultimate massage tool. Unlike hot stones, these shells generate their own heat the moment a therapist begins working with them. When the shells rest, the warmth gently fades.

This simple but clever mechanism allows the therapist to create a more bespoke massage experience, weaving together warmth and continual touch time to release tension. The shells act as an extension of the therapist's hands.



The benefits of Lava Shells

All Natural

These massage shells are completely natural and non-porous, making them naturally hygienic.

Boosted Lymphatic Activity

The soothing heat stimulates lymphatic flow and encourages healthy circulation, helping to ease muscular discomfort and promote overall wellbeing.

Healthier, Radiant Skin

This type of massage encourages the production of new skin cells, leaving your skin looking revitalised, smoother, and naturally more youthful.

Total Relaxation

With its blend of warmth, flowing motion, and deep pressure, the Lava Shell massage delivers a tailored, deeply relaxing experience.

Try our new treatment for yourself



The Benefits of Sports Massages

with Mihai

From post-workout fatigue to the small aches we carry through our day, our bodies need time and support to reset. We spoke with our sports massage therapist, Mihai Apostol, to find out more about how sports massage therapy can benefit everyone.

WHAT'S ONE THING MOST PEOPLE DO EVERY DAY THAT MAKES THEIR MUSCLES TIGHTER THAN THEY REALISE?

Repetitive micro-postures are the culprits behind feeling stiff. These are the small habits we hold for too long without even noticing. Simple things like clenching your jaw while focusing, raising your shoulders while driving, or staring down at your phone for twenty minutes straight contribute to this issue. This low-level, constant tension acts like a slow-drying glue on your muscles, particularly affecting the hips, hamstrings, neck, and upper back. In fact, I'd argue that "chair time" is the leading cause of stiffness, surpassing even "gym time". Remember, your body is designed to move, not to remain a statue.

HOW IS A SPORTS MASSAGE DIFFERENT FROM OTHER MESSAGES?

The key difference lies in intent and technique: I focus on assessing and treating specific movement patterns rather than simply relieving general tension.

By utilising targeted techniques to restore range of motion, the experience may be less relaxing in the moment, but the relief felt afterwards is long-lasting.

The focus is on achieving outcomes such as improved range of motion, better posture, reduced pain, and injury prevention or rehabilitation. My goal is to restore function, whether that means helping an athlete return to training, assisting someone in recovering from an injury, or preventing chronic postural problems from developing into pain syndromes.

CAN ANYONE BENEFIT FROM IT, EVEN IF THEY DON'T EXERCISE MUCH?

Absolutely. I often tell my patients that 'life is a sport'. You don't have to be running marathons or playing tennis for your body to experience stress. Activities like gardening, carrying toddlers, or sitting at a workstation for eight hours also require physical endurance and can strain the body. Sports massage benefits 'desk athletes' just as much as it helps rugby players.

WHAT'S ONE SIMPLE THING PEOPLE CAN START DOING TODAY TO HELP THEIR BODY FEEL BETTER?

Adopt the '30-minute rule'. Motion acts as lotion for your joints. Set a silent timer on your phone, and every 30 minutes, stand up and reset your posture. You don't need to perform a full yoga flow; just stand, reach your arms overhead, gently twist to the left and right, take 5-6 deep breaths, and then sit back down. This simple practice helps break the cycle of tension before it has a chance to set in.

WHAT'S THE MOST REWARDING TRANSFORMATION YOU'VE SEEN THANKS TO SPORTS MASSAGE?

I recently guided someone who thought chronic back pain was just a part of getting older, something I hear a lot, even from younger people! They had given up golf and found it tough to keep up with their grandkids.

After a few months of soft-tissue work, a daily exercise routine, regular Pilates and yoga classes, they not only became pain-free but also returned to the golf course with an even better swing!

It's inspiring to see someone reclaim or enhance a part of their life through effort and dedication, and I witness this transformation often. That's why I genuinely love what I do!



Book a massage with Mihai

BOOST YOUR STRENGTH

INTRODUCING THE ENGINE ROOM

Looking to challenge your fitness routine or preparing for high-intensity events like HYROX? Our new Engine Room class breaks training into focused stages that help build strength, stamina, and confidence, wherever you are in your fitness journey. Designed to support both newcomers and seasoned athletes, each stage offers a distinct training plan, allowing you to explore different layers of performance while building a stronger, more versatile foundation for everything you do.



FOUNDATION

Build the foundations that everything else depends on. Foundation is your base layer of performance, focused on aerobic strength, movement quality, and sustainable output. Expect structured intervals that challenge you without emptying the tank, helping you develop control, efficiency, and resilience under steady fatigue.

This is where pacing is learned, technique is refined, and real fitness begins. Train smart, move well, and lay the groundwork for everything that follows.



GRIT

Strength that doesn't fade when it gets hard.

Grit is built around heavy, functional work and sustained effort, training both the body and the mindset to stay strong deep into fatigue. Expect slower, purposeful reps, longer work periods, and the kind of challenges that develop true durability.

This is where resilience is forged, confidence grows, and you discover you're capable of more than you thought.

REDLINE

Find your edge and learn how to hold it.

Redline is threshold training designed to push you just outside your comfort zone. Through carefully timed efforts and recovery windows, you'll build the ability to sustain high intensity while staying composed and in control.

It's tough, focused, and incredibly rewarding, the kind of session that teaches you how capable you really are when the pressure rises.

ASCENT

Start steady. Finish stronger.

Ascent is a progressive challenge where intensity builds as the session unfolds. With simple, climbing formats that reward smart strategy and determination, you'll learn how to manage effort, push when it matters, and keep moving as the work stacks up.

Every round is a step higher, leaving you with a powerful sense of achievement and measurable progress.

The Engine Room is designed to build you up from every angle - physically, mentally, and technically.

Head to The Lensbury App to book your first class.





TIDAL

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