



hampton pool trust

Poolside Chat

The newsletter from the charity securing the future of Hampton Pool

Winter Issue 2018

Come on in, the water's lovely!

We all know that swimming is great for our physical health. It is a great workout because you need to move your whole body against the resistance of the water so it keeps your heart rate up without huge impact stress on your body. Swimming builds endurance, muscle strength and cardiovascular fitness. It helps us maintain a healthy weight, healthy heart and lungs.



Swimming is also great for your mind as well as your body. In a *Swim England* study, over 1.4 million people said that swimming regularly significantly reduces the symptoms of anxiety and depression. The study reveals that 490,000 people have either stopped or reduced medication for their mental health because of swimming.

The responses of nearly 700 users to a Hampton Pool survey in 2016 supported these findings and were overwhelmingly positive about the health benefits of swimming in the open air.



"Every time I get into the water, any stress evaporates; I love seeing the sunrise as I come out of a tumble turn at the far end."

"I can't explain how happy that makes me; swimming in the open air in warm water in any weather." CONTINUED OVER

Get on board

Hampton Pool Trust (HPT) is a small, independent, not for profit company and educational charity.

It is run by volunteers from the local community with a vision to maintain Hampton Pool as a safe, welcoming, enjoyable, sustainable and inspirational heated, public open air swimming environment, all year round.

The Trust owns the building and the pool and exists to secure the long-term future of the pool for community use. Hampton Pool is managed on behalf of Hampton Pool Trust by YMCA St Paul's Group. Both are registered charities.

There are over 400 members of Hampton Pool Trust who care deeply about the facility and how it is run. Please contact the Trust at the address below if you too would like to become a member – or even a Trustee.

The HPT Board of Trustees are:

Ralph Arundell
Fergal Cawley
Andy Cowper
Sandra Cummings
Mark Doyle – *Chair*
Grahame Hadden
Steve Hooley
Will Hollis
Jean Hughes
Tim Lawes
Stuart Leamy
Jane Savidge
Daphne Wharton
Michael White

Please contact the Trust by email at info@hamptonpooltrust.org.uk

Please visit hamptonpooltrust.org.uk/development/ for more information on the proposed improvements

"Watching the sky and enjoying the greatest feeling of wellbeing ever; I love Hampton Pool because I can swim outside no matter what the weather which is absolutely exhilarating. In the sunshine; under the stars; while feeling big raindrops plopping on my skin; in the snow, with the icy wind blowing ripples across the surface; when the steam rises from the water and you can see more underwater than above – I feel like I am in a warm natural spa in a magical forest."

"I love Hampton Pool because it has a fantastic atmosphere, it makes you feel good just to walk through the door and when you get into the pool... WOW."

"Swimming in the open air is like a mini holiday; I love the philosophy of being healthy and happy outside in nature all year round."

Users were also complementary about the whole mix of experiences that makes a visit to Hampton Pool such a feel-good experience: the friendly staff; the Sun Deck Café with a stunning view of the pool and Bushy Park; hot showers; the sauna; the gym and indoor cycling facilities; friendly fitness classes with great instructors; gym sessions for teenagers who no longer want to swim; being able to picnic and lounge on the grass; the Summer Picnic Concerts; the fact that the local community pulled together to save this pool for future generations over 30 years ago; and that the current trustees have a plan to secure the facility for the wellbeing of the community for the next 30 years. ●

No Excuses!

Did you know Hampton Pool has been open on Christmas Day since 1988 and 1,500 people regularly swim to kick off festive proceedings?



The Pool is also open on Boxing Day and New Year's Day. In fact, Hampton Pool has been open 365 days a year since 1995 – so there is no excuse not to join us for a swim in the tropical 28°C waters every day of the year! Many thanks to Simon Bailey and all his team who make this possible.

The Pool has been wonderfully busy through the autumn with Lifeguard and swimming crash courses during the half term break. There are also two new classes on Thursdays – a yoga class between 10:20- and 11:30 and a Saturday Studio Cycle at 08:00 and 08:45 – both of which are proving very popular. ●



Summer Picnic Concerts update

The Summer Picnic Concerts were a roaring success and enjoyed immensely by all concert goers.



(above and below) Blues legends **Canned Heat** play to a packed house at this year's final Summer Picnic Concert

All tickets were sold out before the first concert was held. This is a testament to Tim Lawes, Mark Doyle and the team who identified, booked and delivered a great line-up. The post-concert survey of ticket purchasers had a great response (around 850 replies) and 95% stated that they were very, or fairly likely to, attend one or more events in 2019. Again, this is due in no small part to the Concerts team and all the volunteers and the Trust are extremely grateful for all they do to make the concerts a huge success.



If anyone would like to be involved in the Summer Picnic Concerts, please contact spc@hamptonpool.co.uk as we are always looking for additional support. ●

Note from the Chair

Glorious!

As we finally move into some cooler weather, it's easy to forget what a glorious summer we had – which naturally meant the pool was extremely busy and at times challenging for the staff.

I'd like to take the opportunity to recognise the hard work and professionalism of all of the team at the Pool who ensure the local community can enjoy the pool every day of the year, regardless of the weather.

The plans for the redevelopment of the Pool are unfortunately still within the planning process. Richmond Council planning department referred the application to the Greater London Authority (GLA) over the summer. However, we have not been given any indication of timescale for a decision to date. We have also not yet received a copy of the financial viability report commissioned by Richmond Council last December.

Lastly, the AGM in June resulted in an influx of new members to the Board. I'd like to welcome new directors Ralph Arundell, Sandra Cummings, Will Hollis, Steve Hooley and Jane Savidge along with returning directors Jean Hughes, Grahame Hadden and Daphne Wharton. We have started work on identifying new areas of focus and reviewing how the various committees should operate going forward – more detail on this in future communications. I'd also like to take the opportunity to thank Kate Thomson who resigned as a director in September following a move out of the Hampton area over the summer. Kate was responsible for marketing and communication at the Trust and so has helped both me personally and the Trust in general through a challenging period.

Finally, I'd like to thank Richard Jackson who retired from the Board earlier this year for his dedication and service to the Pool.

Hopefully you should be reading this in time for the festive season, so I'd like to wish everyone happy holidays.

Mark Doyle,

Chair of Hampton Pool Trust

Blooming Gold for Hampton Pool in 2018

Despite all the difficulties of watering the plants and the huge queues of people waiting to enjoy the pool and the sunshine; the plants won through and looked lovely when the three Richmond in Bloom judges arrived in early June.



It is thanks to the combined effort of the Pool staff, members of the Poolside Swim & BBQ Club and the Trust that the plants thrive.

The judges liked the fact that we recycle plants from the 35 hanging baskets. We are the only 'gardeners' who do this in the competition. This year, we planted Flanders poppies that were donated by Carrie Lees as a memorial for the Armistice when 'The guns fell silent at the end of World War One' and to highlight the work of the YMCA in WWI.

The Trust made a substantial donation to the British Legion Poppy Appeal and eight large poppies and 20 altar poppies adorned the Pool this autumn. There was an album kept in reception dedicated to the people of the YMCA who served in the Great War. You may be surprised at what they did and just how much the soldiers valued them.

Our thanks also go to those who offer good wishes, seeds and plants, as we continue to garden at the Pool. We hope you enjoy the gardens as much as we, the 'gardeners', Betsy, Kathy, Graham, Dan, Francis, Sue, Glyn, Jane, Sue, Rosemary and Ruth, do. ●



Things you can do at the Pool:

**Outdoor swimming
in heated water
all year round**

36 metre pool /
Shallow learner pool /
Swimming lessons /
Gym & fitness classes /
Aqua aerobics /
Water polo /
Sauna /
Sunbathing area /
Sun Deck Café /

home to
Thames Turbo Triathlon

For all our activities at the Pool,
visit the website:

www.hamptonpool.co.uk

*"Swimming in
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Contact the Trust:

info@hamptonpooltrust.org.uk

Contribute a story to Poolside Chat:

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YMCA