

leisure opportunities

29 May - 11 June 2018 Issue 737

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Report: UK fitness industry worth £5bn

The UK fitness industry has continued to grow in size and value, with the number of gyms hitting 7,000 for the first time in history.

The 2018 *State of the UK Fitness Industry Report* – published by the Leisure Database Company (LeisureDB) – estimates the fitness market's value at £5bn, an increase of 2.9 per cent.

According to the report, the market penetration rate is currently at 14.9 per cent, with one in every seven Brits – a total of 10 million people – now having a gym membership.

The 2018 report also shows that the industry is still growing. During the 12 months to March 2018, the number of fitness facilities increased by 4.6 per cent – with 275 new openings – while total membership grew by 2 per cent.

The rates of growth are, however, lower than recorded during the previous 12 months (from March 2016 to March 2017), when the sector saw increases of more than 5 per cent in both members and market value.



■ One in every seven Brits – a total of 10 million people – now have a gym membership

Commenting on the figures, David Minton, director of LeisureDB said: "The period up to 2020 remains the time for fitness to continue to break all barriers.

"It has for the past six years and as the consumer gets more personalisation, localisation, seamless booking and payment options, taking part will become easier." [More: http://lei.sr?a=5h4s7_0](http://lei.sr?a=5h4s7_0)



The period up to 2020 will see fitness continuing to break barriers

David Minton



FITNESS

Xercise4Less secures foreign funding for expansion

Chain gets £42m from Proventus Capital Partners

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Mo Salah's boots go on show at the British Museum

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Global Wellness Day 2018 to focus on kids

Annual event creates curriculum for schools

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Tributes flood in for **Dame Tessa Jowell**, the "driving force" behind London 2012

The UK sports sector has been paying tribute to former Labour cabinet minister Dame Tessa Jowell, who has died at the age of 70 following a year-long battle with cancer.

Her 23-year parliamentary career was defined by her achievements as secretary of state for culture, media and sport – a post she held from 2001 to 2007 – and her work as Olympic minister.

She was the driving force behind London winning the bid for the 2012 Olympic Games, and was named Olympic minister in 2005, soon after London had been confirmed as host.

She remained in her Olympic role until 2010 and,



■ Jowell spent a total of nine years at the DCMS as minister

"Without Tessa there would have been no London 2012"
Lord Sebastian Coe

following Labour's defeat at the general election that year, served as

shadow Olympic minister until the conclusion of the Games in 2012.

According to Lord Sebastian Coe, the former chair of the London Organising Committee, London would not have secured the Games without Jowell and the support she gathered from central government.

"No politician deserves greater credit for the Games," he said.

"Her contribution to the Olympic and Paralympic Games is easily defined – without Tessa there would have been no London 2012, and without Tessa they would not have been the success they were.

"Tessa was not just a close friend, she was a life enhancer."

RoSPA chief **Errol Taylor** describes drowning Prevention Strategy a 'cause for optimism'



■ Taylor was appointed RoSPA CEO in 2017

Errol Taylor, CEO of the Royal Society for the Prevention of Accidents (RoSPA), has said that the latest statistics show that the UK's Drowning Prevention Strategy – launched two years ago – "appears to be working".

Figures from the National Water Safety Forum's Water Incident Database – which charts all drowning deaths, excluding crime and suicides – show that the number of accidental drownings in the UK fell by 15 per cent last

"We are acutely optimistic about the general downward trend in drowning over the past few years"

year – from 255 drownings in 2017 to 300 in 2016.

"We are cautiously optimistic about the figures for 2017 and the general downward trend in drowning over the past few years," said Taylor.

"What this information doesn't show is the considerable partnership working within the National Water Safety Forum and

in communities up and down the country; from helping children to learn to swim, to building water safety communities and raising awareness of risks.

"We are still in the early phases of the UK's strategy. These figures give us encouragement and we hope that we can continue to address the burden of drowning."



■ Price will step down in October after more than a decade in charge

Jennie Price announces plans to step down from Sport England

Jennie Price will leave her role as CEO of Sport England at the end of October, after 11 years at the helm.

Price took over the role in April 2007, leading the grassroots sport organisation through major reformation – including the development of its new strategy, Towards an Active Nation, which is now in its delivery phase.

During her tenure as CEO, the number of people regularly taking part in sport has grown by 1.6 million.

In a statement, Price said she is leaving to pursue a "portfolio of

projects", including her work with the Cranfield School of Management and her chairship of the Youth United Foundation, the charity supporting uniformed youth organisations.

"I have been very privileged to lead Sport England for more than a decade," Price said.

"Sport and physical activity is a powerful force for good and I am proud to have worked on opening it up to a wider group of people, especially women and girls through the *This Girl Can* campaign."

"Sport is a powerful force for good and I'm proud to have worked on opening it up to a wider group of people, especially women and girls through This Girl Can"

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■ Alsop died on 12 May, following a short illness

Will Alsop, architect of 'joy and delight', dies aged 70

Tributes from around the world have poured in for the British architect and artist Will Alsop, who died on 12 May aged 70 following a short illness.

Alsop – who once stated that “architecture is the only profession that actually deals in joy and delight” – was known for his bold, colourful and often avant-garde buildings, including Marseille’s bright blue Hotel du Departement; the Ontario College of Art & Design; and Peckham Library in

“Alsop will be remembered for his bold and often avant-garde buildings, such as the Hotel du Departement”

London, for which he won the Stirling Prize in 2000.

He was also known for his imaginative and often unrealised city masterplans, such as a proposal to flood the centre of Bradford, or to remodel Barnsley in the theme of a walled village in Tuscany. As a respected academic, he was a strong advocate for a bolder and brighter approach to design.

Alsop graduated from the Architectural Association School of Architecture in London in 1973, and worked for a time with the pioneering Cedric Price. Over four decades he founded six different firms, and in 2011 he established aLL Design, whose projects include the sculptural, recently-completed Pioneer Village and Finch West subway stations in Toronto.

Sir David Attenborough opens Kew Gardens' Temperate House

Kew Gardens in London has completed the largest restoration project in its entire history: a redevelopment of its iconic Temperate House, now home to 10,000 plants, including some of the world’s rarest.

The long and painstaking repair of the historic glasshouse, overseen by Donald Insall Associates and costing £41m (€46m, US\$54m), saw 400 staff and contractors remove 69,000 individual elements from the building to be cleaned, repaired or replaced. The structure’s intricate ironwork and ground paving was carefully repaired and thousands of panes of glass replaced.

The Temperate House – show-house of the Gardens’ largest plants – was designed



■ Sir David Attenborough opened the attraction on 5 May

“Kew does all sorts of things that nowhere else does. If you want to identify something, this is the ultimate authority worldwide”

by architect Decimus Burton and opened to the public in 1863. Over the following 40 years, north and south wings – called the Himalaya House and the Mexican House – were added when finances allowed.

Naturalist and broadcaster Sir David Attenborough re-opened the Temperate House on 5 May.

“It’s a breathtakingly beautiful space. These plants are wonderful, and

here they are, safe from peril,” Attenborough said.

“Kew does all sorts of things that nowhere else does. If you want to identify something, this is the ultimate authority worldwide. It’s the most important botanical institute in the world and occupies a very special place in the science of Botany.

“In some circumstances, the only way you can prove that a particular species is that species, is to come to Kew and compare what you have with what is here. This is why people come from all over the world to the Kew Herbarium, and to these great glasshouses.”

The Heritage Lottery Fund awarded £15m to the project, with around £10m DEFRA and £8m from private donations.



■ The new trustees (clockwise from top left) – Manos Kapterian, Tracy Rea, Rowena Samarasinhe and Sandra Dodd

CIMSPA adds quartet of trustees to expanding team

The Chartered Institute for the Management of Sport and Physical Activity (CIMSPA) has appointed four new members to its board of trustees.

Sandra Dodd, Manos Kapterian, Tracy Rea and Rowena Samarasinhe will take up their duties on 22 May 2018.

Dodd is the CEO of social enterprise Places for People Leisure and sits on the ukactive board of directors as treasurer.

Kapterian is senior vice president operations at training provider Pearson, while Rea – a former performance director of Scottish Gymnastics – is head of business operations at Lloyds Banking Group.

The quartet is completed by Rowena Samarasinhe, general

counsel at Lucerne-based sports marketing agency Athletics Management and Services.

Commenting on the appointments, Tara Dillon, CIMSPA chief executive, said: “The knowledge and experience that these new board members bring to the table will help us to further strengthen our position as the chartered professional body responsible for both setting standards in the sport and physical activity sector and providing a voice for its workforce.”

In May, a report from the Royal Society for Public Health (RSPH) and ukactive called for CIMSPA to finalise “robust professional standards” for all exercise professionals.

“The expertise the new members bring will help us strengthen our position”

Tara Dillon, CIMSPA

MEET THE TEAM

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RESEARCH

'Huge growth' in group exercise numbers

The number of people doing group exercise increased by 3.76 million during 2017, according to research by Exercise Move Dance UK (EMD UK), the national governing body for group exercise.

The 2018 EMD UK Group Exercise National Survey, conducted in partnership with YouGov, shows that the growth has been driven by a surge in the number of people aged 45 years and over joining group exercise classes.

The report shows that an additional 1.1 million people aged 45+ took part in weekly group exercise during 2017 when compared to 2016 figures.

Of the group exercise class options available, yoga has continued to grow and has now jumped from fourth to first on the list of the most popular formats, with more than 1.2m weekly participants.

According to Ross Perriam, chief executive of EMD UK, the report also shows that group exercise has become more inclusive and readily available – and is no longer limited to gym floors at premium health clubs.

"We're very encouraged to see the positive steps in increasing accessibility," he said. "More than 50 per cent of group exercise growth came from a C2DE audience."

[More: http://lei.sr?a=3w2r6_0](http://lei.sr?a=3w2r6_0)



■ The number of people aged 45+ taking part grew by 1.1 million



“
It's great to see the positive steps made in increasing accessibility

Ross Perriam

TRAINING

Recruits entering sector with "unrealistic expectations"



Recruiting and retaining high-quality fitness staff continues to be a consistent theme

Raising the Bar Report 2018

A huge majority – 87 per cent – of fitness professionals working in the physical activity industry think new recruits are entering the sector with "unrealistic expectations".

The revelation is among the findings of the latest *Raising the Bar Report 2018* published by Future Fit Training, which surveyed the breadth of the ukactive membership and interviewed a number of executives and managers within the physical activity industry.

This year's report explores five major themes – training standards, skills gaps, the work readiness



■ Recruitment continues to be an issue for the sector

of fitness professionals, working with young people and the sector's engagement with disabled people.

Recruiting and retaining high-quality fitness staff continues to be a consistent and recurring challenge faced by employers in sector.

[More: http://lei.sr?a=E8P8z_0](http://lei.sr?a=E8P8z_0)

COMMUNITY

Social impact of clubs needs to be "consistently measured"



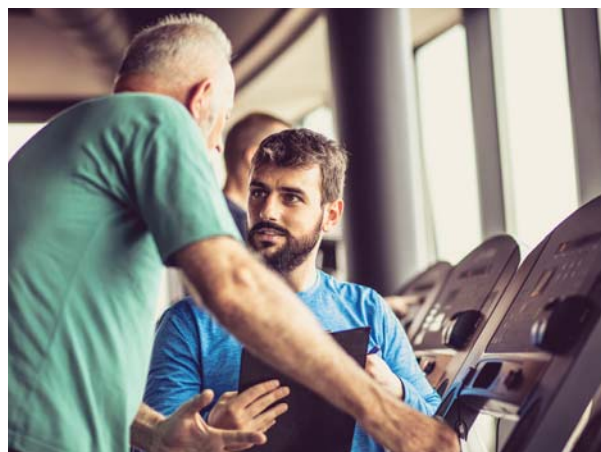
The metrics to quantify success are predominantly financial

Ray Algar

Ray Algar, managing director of business insight specialist Oxygen Consulting, has called for the leisure sector to get better at understanding the data they hold and to utilise the social value they create.

"The fitness sector is driven by an altruistic purpose; public, private and third sector organisations all exist to serve and support the health and wellbeing of their customers," said Algar.

"However, the metrics used to quantify business success, especially in the private sector, are predominantly financial – profit is very often a key measure. The wider



■ Algar said the fitness sector is driven by an "altruistic purpose" to improve wellbeing

social impact health clubs create needs to be consistently measured."

To help operators achieve this, Algar is teaming up with Datahub, a "virtual repository" for sports and leisure data. The strategic partnership will look to assist both private and public sector operators.

[More: http://lei.sr?a=D2v6j_0](http://lei.sr?a=D2v6j_0)

BUDGET CHAINS

Xercise4Less gets £42m investment to fund expansion

Budget chain Xercise4Less has secured growth investment worth £42m from Swedish credit provider Proventus Capital Partners.

The funding will allow Xercise4Less to press forward with its aggressive expansion plans, which will see the operator open another 10 gyms by the end of 2018.

In total, the Leeds-based firm plans to open 40 gyms over the next two years, after setting itself a target of 100 gyms by the end of 2020.

Launched in 2009, the company will open its



■ The chain plans to open up to 10 further gyms in 2018



Unlike other budget operators, we aren't selling on price

Jon Wright

50th club in June this year and currently has more than 300,000 members – 30 per cent of who had never previously been members of health clubs.

Jon Wright, founder of Xercise4Less, said the growth capital will allow the firm to tap into the growing demand for fitness.

"Unlike other budget operators we are not selling on price," Wright said.

[More: http://lei.sr?a=5K8U7_0](http://lei.sr?a=5K8U7_0)

National Fitness Day 2018 to celebrate local 'fitness heroes'

This year's National Fitness Day (NFD) will look to find and celebrate the most inspiring fitness individuals in communities across the UK.

During the run-up to the event in September – organised by ukactive – fitness professionals and members of the public are being invited to share their stories of what fitness means to them, using the hashtag #Fitness2Me.

ukactive will then select the most inspiring #Fitness2Me heroes from the four home nations ahead of NFD on 26 September.

[More: http://lei.sr?a=7Z5A9_0](http://lei.sr?a=7Z5A9_0)

PUBLIC LEISURE

£7.7m Northfield Leisure Centre opens

The Northfield Leisure Centre in Birmingham opened to the public on 14 May, as part of Birmingham City Council's (BCC) £40m investment programme in the city's leisure centre stock.

Facilities at the £7.7m centre include a 25m swimming pool, teaching pool and a health club with a 75-station gym and group exercise studios.

It is the third leisure centre to open as part of the BCC's investment project and will be operated by Birmingham Community Leisure Trust (BCLT).

Designed by Calderpeel Architects, the centre was built by ISG Construction with BCLT overseeing the

development. The new centre replaces an ageing facility which had stood on the site since the 1930s.

Jamie Bryant, partnership director for BCLT, said: "Although this is the third new facility we have completed in Birmingham, each project is an individual challenge and we are pleased to have worked successfully again with all our partners to bring the plans to fruition.

"As a nod to the old swimming pool building, which served residents of south Birmingham since 1937, we have incorporated some of the old stones in the construction of the new centre."

The Northfield centre follows on from the recent



■ Facilities include a 25m swimming pool and teaching pool

openings of two other new leisure centres in the city – at Stechford and Edgbaston.

The £40m programme will see one further centre open at a new site at Icknield Port Loop in Edgbaston.

[More: http://lei.sr?a=Z4v4J_0](http://lei.sr?a=Z4v4J_0)



This is the third new facility we have completed in Birmingham

Jamie Bryant

CORPORATE WELLNESS

Bupa launches evaluation service for companies



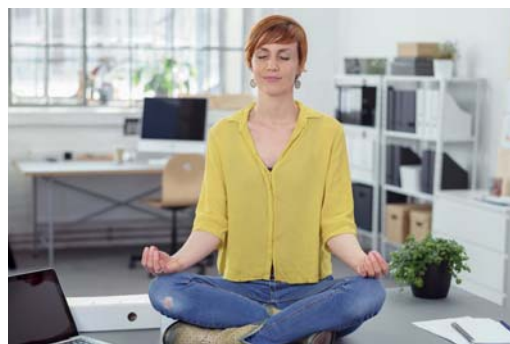
Employees increasingly expect employers to play a role in wellbeing

Patrick Watt

Bupa Global – the international insurance arm of healthcare giant Bupa – has teamed up with non-profit member organisation HERO to launch a new online service designed to help businesses evaluate their health and wellbeing programmes.

The HERO International Scorecard will be marketed as an online tool for employers and organisations, enabling them to create an inventory of health and wellbeing best practice.

It will also allow employers to benchmark their performance and understand how to make improvements.



■ The corporate fitness and wellness sector is growing rapidly in Europe and the Americas

Patrick Watt, Bupa Global's commercial director for Europe, said: "Employees increasingly expect their employer to play a role in their health and wellbeing, yet some businesses still don't appreciate the commercial and strategic value of workplace health initiatives."

[More: http://lei.sr?a=f8T9y_0](http://lei.sr?a=f8T9y_0)

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FOOTBALL

EPL clubs nearly treble their profits

The English Premier League has strengthened its position as the world's richest football league after clubs posted combined profits of £500m – almost three times the previous record of £200m in 2013-14.

According to analysis by Deloitte's Sports Business Group, the profits are a result of Premier League clubs' total revenue increasing by nearly £1bn – to a record-breaking £4.5bn – during the 2016-17 season.

The revenue growth was driven by the combination of increased broadcasting income and the Financial Fair Play rules, which have helped keep wage inflation under control.

While wage costs across the league rose by 9 per cent to £2.5bn, another new record, the growth was significantly slower than the 25 per cent increase in overall revenue.

Dan Jones, partner and head of the Sports Business Group at Deloitte, commented: "The Premier League's three-year broadcast deals which came into effect in the 2016-17 season helped drive revenue to record levels.

"Despite wages increasing by 9 per cent, the increase is nowhere near the level of revenue growth. This relative restraint from clubs reflects the extent of their financial advantage over other leagues."

[More: http://lei.sr?a=h2H2U_0](http://lei.sr?a=h2H2U_0)



■ The revenue growth was driven by strong broadcast income



The increases in wages are nowhere near the level of revenue growth

Dan Jones

PUBLIC SPORT

Sport England targets families with £40m funding



We are encouraging families to get active together

Jayne Molyneux

Sport England has revealed details of its latest funding round, which will focus on getting entire families more physically active.

As part of its new strategy to open its coffers to any organisation which gets people more active, Sport England has revealed the first 22 projects across the country to benefit from a total of £40m worth of funding.

The organisations will be tasked on putting on a variety of free and low-cost activities – including activity roadshows which will offer families the opportunity to try out new sports.



■ The funding will focus on getting families active

According to Sport England, the projects will reach more than 15,000 people.

"We are funding organisations that help families get active together," said Sport England's director of children and young people, Jayne Molyneux.

[More: http://lei.sr?a=3d5p6_0](http://lei.sr?a=3d5p6_0)

SPORT AND CULTURE

Mo Salah's boots go on display at British Museum



Salah's goal-scoring feats have led him to become a national hero

Egyptian striker Mo Salah, winner of this year's Golden Boot for being the English Premier League's top scorer, has donated a pair of his boots to the British Museum, where they have entered the institution's world-famous Egyptian collection.

Salah's goal-scoring exploits have led him to become a national hero in his home country, and the inclusion of his boots is part of the British Museum's Modern Egypt Project, which aims to bolster the number of contemporary items from current day Egypt. The boots have been displayed next to footwear



■ The boots have been displayed next to footwear from ancient Egypt

from ancient Egypt and adjacent to a selection of gold pharaonic jewellery.

The Modern Egypt Project was launched in 2016 to bolster the British Museum's collection of contemporary material from modern Egypt.

The museum has been collecting diverse objects from daily life.

[More: http://lei.sr?a=8X9B3_0](http://lei.sr?a=8X9B3_0)

REDEVELOPMENT

Commonwealth Games venue set for £47m revamp

Plans to replace the historic Meadowbank Stadium in Edinburgh with a modern £47m sports centre will be discussed by the City of Edinburgh Council in June.

Two planning applications have been filed for the stadium, which was built for the 1970 Commonwealth Games.

One application proposes a new £47m sports centre to replace the original venue, while the other lays out plans for a mixed-use redevelopment of the wider site, designed to provide the finance for the new sports centre.



■ The plans include a new £47m sports centre



This is one of the most important projects in Edinburgh

Steve Franks

The hearing will be the first step in plans to redevelop the Meadowbank site and, if the applications are successful, the wider masterplan will undergo a public consultation later this year.

Council leader, Adam McVey said: "There is no doubt this is one of the most important infrastructure projects taking place in the city today."

[More: http://lei.sr?a=c7p2s_0](http://lei.sr?a=c7p2s_0)

Everyone Active adds two councils to facility portfolio

Leisure and sports operator Everyone Active has been awarded two 10-year contracts to deliver services on behalf of local councils.

The company – the trading name for Sports & Leisure Management – has been appointed to manage the North Solihull Sports Centre and Tudor Grange Leisure Centre on behalf of Solihull Council.

The company has also secured a 10-year contract with Dacorum Borough Council.

Both deals will see the company invest heavily in improving the existing sites.

[More: http://lei.sr?a=7H2X3_0](http://lei.sr?a=7H2X3_0)

Expanding our expertise

This month will see CIMSPA's new board members take up their duties. The new trustees hail from a variety of backgrounds and bring a range of skills and experience to our board, which can only benefit our organisation and the work that we do.

The fact that such talented individuals are giving up their time to help CIMSPA transform the sport and physical activity workforce into a recognised and respected profession is testament to our success and just how far we have come.

Fresh blood

At the same time, we have also made new staff appointments across our team in the form of a head of finance, education and apprenticeships officer, membership services officer and partnership engagement officer.

These appointments, made after securing additional funding from Sport England last year, inject fresh talent into the chartered institute and will drive greater even success for CIMSPA, helping us to become a global leader in the setting of professional standards for the sport and physical activity sector.

None of this would be possible without the support of the sector.



■ CIMSPA is in the process of creating a skills framework for the physical activity sector

Thanks to the backing of employers, awarding organisations, training providers and sports and physical activity professionals, we are recognised by government and have a good working relationship with several of its departments.

We are working closely with Sport England towards greater professionalisation of the sport sector with a clear skills framework including good quality CPD provision, and we are collaborating with our partners to develop a single, clear and rigorous set of standards for all sport and exercise professionals.

The more support we receive from the sector, the more we can achieve for the sector and its employees. This symbiotic relationship will be even more critical as we accelerate our work creating better careers for those working in sport and activity and a workforce that plays a key role in tackling the inactivity crisis. ●



■ Tara Dillon, chief executive of CIMSPA



The more support we receive from the sector, the more we can achieve for the sector and its employees



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NEW OPENING

New spa for Woodbury Park

The Club Company has opened a spa at its Woodbury Park property near Exeter in Devon.

The launch is part of The Club Company's aim of establishing Woodbury Park as a major sport and leisure destination.

Since taking the property over in 2016, The Club Company has invested heavily in improving the site's member facilities.

The latest provision adds to the 18 and 9-hole parkland courses, and positions Woodbury Park as a major destination for spa and golf breaks.

The spa includes an treatment area, sauna, steamroom and Hydrapool. The club's health club has

also been refreshed with new equipment and an indoor cycling studio.

The Club Company bought Woodbury Park in November 2016, complete with 56-bed hotel and a small gym. "We saw it as a great opportunity to increase membership and to integrate golf and the health club instead of them being run independently," said Mark Warne, group project manager.

Founded in 1995, The Club Company now owns 13 UK golf club and leisure sites, lately purchasing Wharton Park in December 2015 and Witney Lakes Resort in May 2017, as well as Woodbury Park.

[More: http://lei.sr?a=C5r6S_0](http://lei.sr?a=C5r6S_0)



■ The Club Company acquired Woodbury Park in 2016



We wanted to integrate the golf with the health club and spa offer

Mark Warne

TRAINING

LSB and Made for Life launch training for cancer treatments



The accredited courses will give therapists a deeper understanding of cancer

The London School of Beauty and Make-up has partnered with organic skincare brand Made for Life Organics and its charity, the Made for Life Foundation, to launch a new training course enabling qualified therapists to offer treatments to cancer patients.

Cancer Touch Therapy by Made for Life is an accredited three-day course that is designed to give level 3 therapists a deeper understanding of cancer, including what it is, the grading and staging, and how its treatments affect the skin. On completion of the course therapists will be able to offer beauty



■ Cancer Touch Therapy by Made for Life is a fully accredited three-day course

treatments to clients currently living with or receiving cancer treatment.

Led by Marc Innes, founder of the School of Natural Therapies, the course incorporates advice taken from qualified oncology massage trainers and and charity Macmillan.

[More: http://lei.sr?a=J4p8P_0](http://lei.sr?a=J4p8P_0)

Spa & wellness news

WELLNESS

Wellness for Cancer hosts second roundtable



The latest roundtable's goal was to continue WfC's role in bridging medical evidence with the spa industry

Attendees at the second Wellness For Cancer roundtable last week identified steps to move the spa industry forward in treating guests who have – or have had – cancer.

The event was held on 4 May, at the Mayo Clinic in Rochester, Minnesota, US, and brought together representatives from the medical community with those in the spa industry.

The first ever roundtable – co-hosted with the Mental Wellness Initiative – was held in London last year

Moderated by Dr Brent Bauer, director of integrative medicine at Mayo Clinic; Dr



■ Wellness For Cancer looks to move the spa sector forward in treating cancer patients

Lisa Corbin, director of executive health from the University of Colorado Cancer Center; and Julie Bach, chair of the Wellness For Cancer (WFC) Initiative, the latest roundtable's goal was to continue WFC's role in bridging medical evidence with cancer-aware guidelines for the spa and wellness industry.

[More: http://lei.sr?a=G7G8n_0](http://lei.sr?a=G7G8n_0)

EVENTS

Global Wellness Day 2018 to focus on kids' wellness

Global Wellness Day – an international celebration offering a range of free health and wellness activities to the public – will be celebrated this year in more than 4,000 locations in 100 countries on 9 June.

This year marks the seventh annual GWD, which has a motto of “One day can change your whole life”, and this year the event will focus on children's wellness, with an aim to decrease worldwide depression and obesity rates.

Belgin Aksoy Berkin, founder of GWS, has developed a curriculum for the children's project that



■ Aksoy has developed a curriculum for the kids project

Physical and mental wellness at an early age is very important

Belgin Aksoy Berkin

can be implemented in the 2018-19 school year.

For preschools, the curriculum is a simple five-minute wellness circle time each morning, and at primary/elementary schools, it is a one-hour wellness class per week.

“We go to school from the age of two,” Aksoy said, “but nobody is teaching us how to live and how to be mindful.”

[More: http://lei.sr?a=P7A4W_0](http://lei.sr?a=P7A4W_0)

Anna Moine to create spa retreats for CoveyClub

Spa consultant and former beauty industry executive Anna L. Moine has been appointed spa ambassador for the CoveyClub, a virtual and IRL (in real life) club platform for women to gather and connect.

Moine will be planning and executing spa retreats for members of CoveyClub to meet and share ideas, life experiences and challenges.

CoveyClub is a virtual meeting place for lifelong learners, and is named after a covey, which is a small flock of birds.

[More: http://lei.sr?a=f4q9y_0](http://lei.sr?a=f4q9y_0)

CHOOSE TO BE happy WITH WELLNESS

Born in Turkey, Global Wellness Day is celebrated on the
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JUNE 9th, 2018

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NEW OPENING

Boutique New Road Hotel opens its doors

An independently-owned boutique hotel has opened in a former industrial building in East London.

Located in the heart of Whitechapel, the 80-bedroom New Road Hotel is owned by three brothers – Monsur, Masrur and Moksud Malik – who developed the hotel on the site of a former textile factory, known as Service House, where their father once worked.

After the factory was shut in 2000, the building remained empty until 2011, when the Malik family decided to convert it into a hotel.

The hotel houses a fitness studio and several social zones where guests can enjoy live music, play pool in the games zone or relax in the library.



■ The design of the hotel has been influenced by the building's former life as a textile factory

The hotel's signature restaurant has been designed in partnership by famed chef Marco Pierre White. Called Mr. White's English Chophouse – the chef's first chophouse-style

outlet in London – the eatery focuses on "everything that chophouses are famed for".

The menu combines English classics with French flair – a combination made popular by White over the

years – and centres around steaks, grills and chops.

The building's original use as a textile factory has heavily influenced the design of the hotel.

[More: http://lei.sr?a=t6h5r_0](http://lei.sr?a=t6h5r_0)

REFURBISHMENT

Jersey's L'Horizon spa hotel completes redevelopment



The terrace has been designed with guest comfort in mind

Julia Hands

L'Horizon Beach Hotel & Spa in Jersey has re-opened its outdoor terrace following a £500k refurbishment.

Open daily from 11 am to dusk the outdoor terrace is designed to offer guests unparalleled views of St Brelade's Bay, and features a 54m (177ft) decked terrace, outdoor bar and 66-seat dining area, as well as a 32-seat relaxation lounge.

The hotel has also launched a new menu exclusive to The Terrace dining room. Designed to reflect The Terrace's modern and relaxed décor, the menu features locally-inspired



■ The terrace offers views of St Brelade's Bay

dishes and and was developed by executive head chef Andrew Soddy.

"The terrace has been carefully designed with guest comfort and enjoyment in mind," said Julia Hands, CEO of the hotel's operator Hand Picked Hotels.

[More: http://lei.sr?a=t5M4A_0](http://lei.sr?a=t5M4A_0)

NEW OPENINGS

Japanese culture centre to open in July

A new cultural destination in London, celebrating Japan and funded by its government, has announced its public opening date.

Called Japan House London, the new attraction will offer visitors authentic Japanese encounters when it opens on 22 June, with the best in the nation's art, design, gastronomy, innovation and technology.

Japan House London will be the third such location to open, following existing locations in São Paulo, Brazil and Los Angeles, California.

Its art deco location on Kensington High Street will feature art works and exhibitions from a selection of esteemed Japanese artists;

the first a collaboration with Tokyo's Toto Gallery, celebrating the work of architect Sou Fujimoto.

Japan House London will also shine a spotlight on Japanese artisans, craftsmen, designers, performers, musicians and other creatives.

"As one of the world's greatest and most vibrant cities, London was the natural choice to join São Paulo and Los Angeles for Europe's Japan House," said Koji Tsuruoka, Japanese ambassador.

"I hope that this ground-breaking venture will provide a new opportunity for Britons and tourists to encounter Japan in London."

[More: http://lei.sr?a=j5D4D_0](http://lei.sr?a=j5D4D_0)



■ The London site is the third Japan House around the world



I hope this will provide an opportunity for Britons to encounter Japan

Koji Tsuruoka

ENVIRONMENT

Tourism's carbon footprint four times higher than thought



Tourism was previously thought to contribute around 2.5 per cent of greenhouse gases

Holidaymakers could one day pay "significantly" more for flights in order to offset their carbon footprint, after it was discovered that global tourism's environmental effect is nearly four times bigger than previously thought.

Tourism was previously thought to have been responsible for around 2.5 per cent of global greenhouse gas emissions, however a new study for the first time takes into account not only flight impact, but also tourist activities, such as food, hotels and shopping, which it says contributes £5tn (US\$6.7tn, €5.6tn) to the tourism industry's carbon footprint.



■ The study takes into account not only flights, but also tourist activities

Published in the scientific journal *Nature Climate Change*, the research paper looks at carbon flow between 189 countries between 2009 and 2013. According to the study, tourism is now responsible for 8 per cent of the global figure for carbon emissions.

[More: http://lei.sr?a=M5g5h_0](http://lei.sr?a=M5g5h_0)



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REDEVELOPMENT

Manchester Museum plans get go-ahead

Architecture firm Purcell will create an extension to the historic home of the University of Manchester – Manchester Museum, after winning planning and listed building consent last week.

The design team have imagined a contemporary new entrance and two new galleries, which will double the capacity of the museum – part of a wider development plan as it seeks “to become the UK’s most imaginative, inclusive and caring museum”.

The two new exhibition spaces – the South Asia Gallery and a Special Exhibition Gallery – will be housed in a textured enclosure of terracotta,

natural stone and curtain glazing that complements the surrounding vernacular of Grade II and II* listed buildings, while adding a modern layer to the historic fabric.

The latter, a 450sq m (4,800sq ft) venue, will transform the museum’s ability to produce, host and tour internationally-significant shows, taking advantage of the research taking place at the University of Manchester.

“The extension brings the museum up to contemporary requirements and provides exciting new gallery spaces,” said Laura Sherliker, project lead at Purcell.

[More: http://lei.sr?a=U6W8B_0](http://lei.sr?a=U6W8B_0)



■ The two new galleries will double the capacity of the museum



The will bring the museum up to contemporary requirements

Laura Sherliker

MUSEUMS

Former petrol station to become arts space in London



Our aim is to create new multimedia works that break down barriers

Elephant magazine

A disused petrol station adjacent to the BBC’s former headquarters will be transformed into an arts and culture space as part of a multi-million pound regeneration of London’s White City.

Starting in Q3, members of *Elephant* magazine will curate a series of shows at the redeveloped site – now called Elephant West – which will feature exhibitions and performances from emerging young artists.

Architects Liddicoat and Goldhill have designed the concept for the arts space, which will also act as a meeting place and hub for performance, discussion,



■ Liddicoat and Goldhill designed the concept

film screenings, talks and workshops. A café, shop and outdoor garden area are also included in the plans.

“Our aim is to create new multimedia works that break down the traditional barriers between different art forms,” said *Elephant*.

[More: http://lei.sr?a=Q3r2r_0](http://lei.sr?a=Q3r2r_0)

TRAINING

MA launches Transformers Influencers training scheme



This programme will support participants to increase their influence

Jess Turtle

The Museums Association (MA) is set to launch the latest round of its Transformers Influence programme – a scheme designed to help people in the sector harness the social power of museums to develop active partnerships within their communities.

Accepting applications from 5 June, the training programme will take place over three separate days, and is open to museum staff, freelancers and volunteers in Britain.

"This refined version of the Influence programme will support participants to increase their personal influence and



■ The training looks to support participants to increase their personal influence

the social impact of their work," said the MA's inclusion manager, Jess Turtle.

"Museums have an important role to play in a fast changing world and we are seeking committed and passionate individuals to join an internationally renowned network responding creatively to these changes."

[More: http://lei.sr?a=Q5M3H_0](http://lei.sr?a=Q5M3H_0)

AWARDS

Design Museum crowned European Museum of the Year

London's Design Museum has been named the winner of the European Museum of the Year Award.

Moving to its new £85m (US\$115m, €96.4m) home in Kensington's former Commonwealth Institute Building in 2016, the museum was reimagined by architecture firm OMA, along with Allies and Morrison and interior designer John Pawson.

Since moving, the museum has become an "inspiring, socially-aware museum", according to the awarding judges, who also acknowledged the museum's "significant social impact".



■ The museum was reimagined by architects OMA



The museum has become an inspiring, socially-aware institution

Museum of the Year Award judges

"Without losing its identity, this museum was able to renew and strengthen its public values, reopening with a wide range of new exhibitions along with an intense programme of activities, providing an impressive and memorable experience for its visitors of all ages, achieving accessibility of the highest quality," said the judges.

[More: http://lei.sr?a=K9h8j_0](http://lei.sr?a=K9h8j_0)

RA opens new extension to celebrate 250th anniversary

The Royal Academy of Arts (RA) has opened its new campus, designed by David Chipperfield.

To celebrate its 250th anniversary year, the RA commissioned the renovation of its historic central London home, adding 70 per cent more public space and revealing many of its hidden secrets for the first time.

One of the key features of the redevelopment is a new bridge between two previously separated RA buildings, Burlington House and Burlington Gardens, uniting the two-acre campus.

[More: http://lei.sr?a=N6d8b_0](http://lei.sr?a=N6d8b_0)

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Iain McKendry

CERTIFIED SPINNING INSTRUCTOR

Club McKendry

{ I'm helping people get fitter. Young and old, men and women, and from elite athletes to beginners }

Iain McKendry was diagnosed with cerebral palsy as a baby. His parents were told he might be wheelchair-bound, but repeated surgeries have enabled him to walk with assistance.

The McKendry clan emigrated to Florida in 2000, where Iain's Mum Janis signed the whole family up for group cycling classes. "We soon noticed how beneficial this was for Iain's overall physical strength, mobility and also for his confidence," she says. "He had a natural ability and a passion for it."

Iain adds: "I've always enjoyed sport, but my disability left me on the sidelines. Everything changed, however, after my mum introduced me to Spinning®."



■ Iain's classes are so popular they have a waiting list

The family relocated to Danderhall, Scotland, in 2016, with Iain keen to set up a dedicated club in his home town.

He went on to qualify as a level 3 instructor and has now opened his own studio.

Called Club McKendry, the business opened its doors in March 2018, offering Spinning classes seven times a week.

The specialist club, based at Danderhall Leisure Centre, was a dream come true for McKendry, who's now 24. "This is my life," he says. "It's the only job I've ever wanted to do. I love being the showman up on stage."

McKendry rides a bike that was gifted and personalised for him by John Baudhuin, CEO and founder of Mad Dogg Athletics – owner of the Spinning brand – and Josh Taylor, a Spinning master instructor.

The club has 13 Precor Shift Bikes with consoles, and McKendry plans to add more, as classes have a waiting list.

He's keen to support his local community, saying: "I'm helping people get fitter. My classes welcome young and old, men and women, elite athletes and beginners."

Janis McKendry says: "A young man with autism comes to the classes – he reminds me of Iain when he was younger, as he too felt left out of the sporting community, but with Spinning he can participate fully."

McKendry's long-term goal is to become a master instructor and a brand ambassador for Spinning. "There are no excuses in my life," he says. "When I'm on my bike I feel like a different person, my disability disappears and my ability shines through."

Exercise as cancer treatment

A new report suggests that all cancer patients should be prescribed regular exercise as part of their treatment plans



■ Exercise can alleviate the side effects caused by cancer treatments

Evidence shows that exercise before, during and following cancer treatment decreases the severity of side effects

All cancer patients – regardless of the type of their illness – should be prescribed exercise as part of their treatment, according to the Clinical Oncology Society of Australia (COSA).

In a position statement published this month, COSA said that to not encourage patients to take part in physical activity would be "harmful" to their health and recovery.

BACKED BY EVIDENCE

Endorsed by a group of 25 health and cancer organisations, including Cancer Council Australia, the statement – published on the COSA website – is believed to be the first researcher-led recommendation anywhere in the world to call for exercise to be an essential component of treatment.

"Clinical research has established exercise as a safe and effective intervention to counteract many of the adverse physical and psychological effects of cancer and its treatment," the document states.

"To date, the strongest evidence exists for improving physical function (including aerobic fitness, muscular strength and functional ability), attenuating cancer related fatigue, alleviating psychological distress



■ Cancer patients are "highly unlikely" to meet the recommended levels of exercise

Exercise is the best medicine someone with cancer can take in addition to their standard cancer treatments

and improving quality of life across multiple general health, wellness and cancer-specific domains.

"Emerging evidence highlights that regular exercise before, during and/or following cancer treatment decreases the severity of other adverse side effects and is associated with reduced risk of developing new cancers. It also helps prevent comorbid conditions, such as cardiovascular disease, diabetes and osteoporosis."

LEVELS OF EFFORT

According to the document's lead author, professor Prue Cormie from the Australian Catholic University, all people with cancer should look to participate in at least 150 minutes of moderate intensity or 75 minutes of vigorous-intensity aerobic exercise each week.

This should be accompanied by two to three resistance exercise sessions

each week, involving moderate to vigorous-intensity exercises targeting the major muscle groups.

The COSA report also highlights how cancer sufferers are currently highly unlikely to be meeting the recommended levels of exercise. Approximately 60 to 70 per cent of people with cancer do not currently meet aerobic exercise guidelines, while up to 90 per cent do not meet resistance exercise guidelines.

A MAGIC PILL

"Exercise is the best medicine someone with cancer can take in addition to their standard cancer treatments," Cormie said.

"That's because we know now that people who exercise regularly experience fewer and less severe treatment side-effects; cancer related fatigue, mental distress, quality of life."



■ The research was led by professor Prue Cormie from the Australian Catholic University



■ This year's awards saw winners being announced across 13 categories

MUSEUM EXCELLENCE

This year's winners for the Museums + Heritage Awards have been revealed



■ The judging panel included Bernard Donoghue, director of the Association of Leading Visitor Attractions

The winners of this year's Museums + Heritage Awards for Excellence have been announced, with shortlisted projects celebrated and recognised across museums, galleries, heritage and cultural visitor attractions.

There were 13 categories overall. The Brooklands Museum in Weybridge, Kent – which was also shortlisted for the Art Fund's Museum of the year – picked up the Permanent Exhibition award for its Aircraft Factory and Flight Shed.

The museum, sited on the world's first purpose-built motor racing circuit, underwent an expansion last year. Housed in a restored WWII aircraft hangar, the new exhibition takes visitors on an immersive journey through 80 years of aircraft design, testing and manufacturing.

"This new exhibition has it all – it's immersive, creative, people-focused," said the judging panel. "It's astonishing in its risk-taking, has great volunteers at its heart and challenging in the way it has so brilliantly brought its collection alive."



■ Winners included the Brooklands Museum (top right and above left), Museum of London (above) and The Salisbury Museum (left)

The award for innovation went to the Museum of London's Archaeological Archive, which the judges said "successfully turned object engagement on its head." Called the #ArchiveLottery, the Museum of London utilised its Hackney-based storage facility – the largest archaeological archive in the world – by sharing it with the world through Twitter. When playing the #ArchiveLottery, the museum's followers on social media would tweet a shelf number, with the curator then

“
The new exhibition has it all – it's immersive, creative, people-focused and astonishing in its risk-taking

going to that shelf, grabbing a box, take out an object, take a photo and tweet it back to the follower. This process was then replicated in the museum with a live Skype link allowing visitors to take part in the game while in the museum.

Other winners included the The Wolfson Foundation (Special Recognition Award) and the The Salisbury Museum in Wiltshire, which won the Temporary or Touring Exhibition award for its *Terry Pratchett: His World* exhibition. ●



The OPT model gives trainers the skills to work with anyone, of any ability in any setting

Brad Tucker, vice president,
Premier Global NASM



Optimum performance

The Optimum Performance Training Model – widely used in America in the training of elite athletes – has arrived in the UK

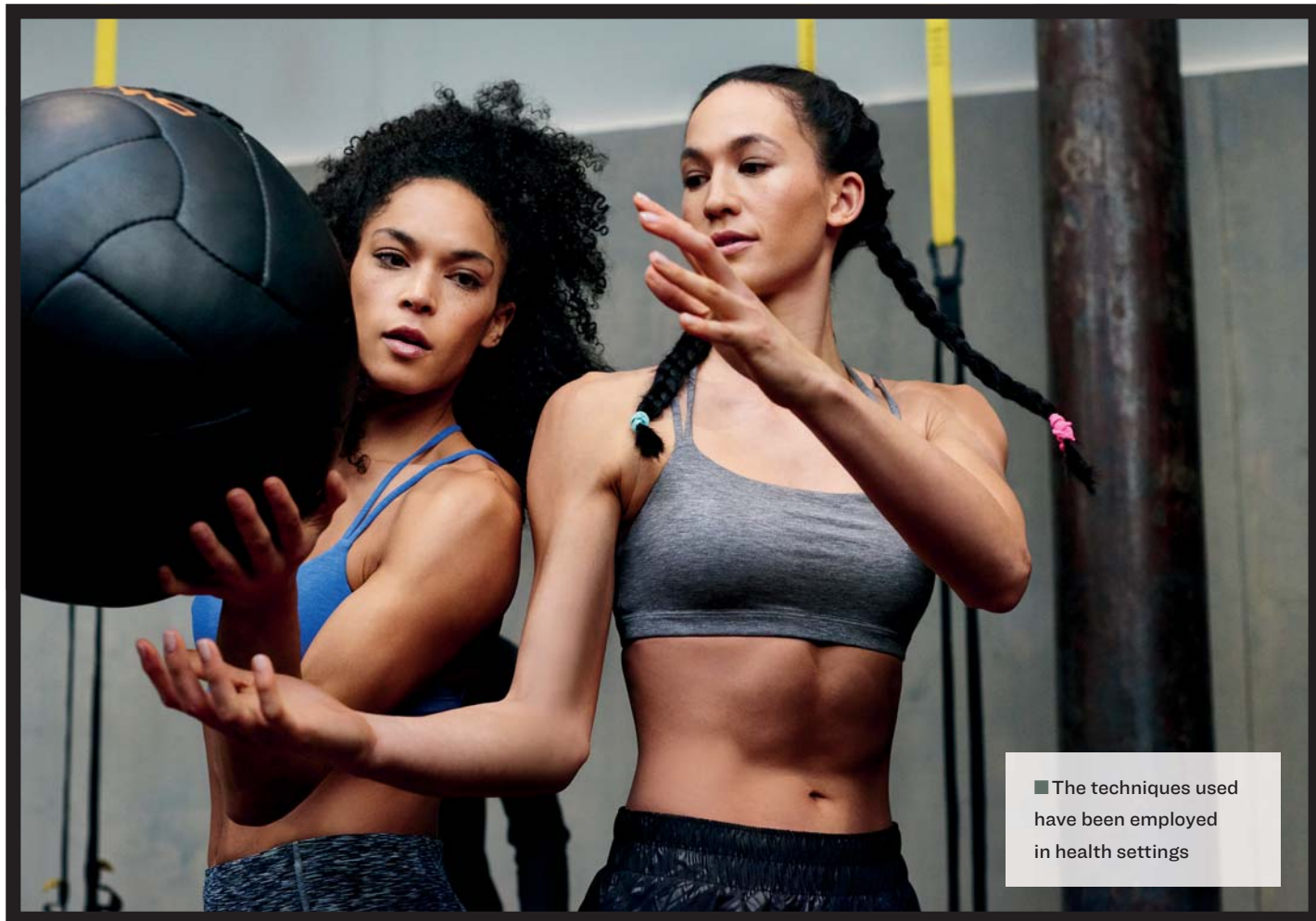


■ The training is designed to help devise fitness programmes for all abilities – from elite training to those with disabilities

Premier Global NASM's remodelled Level 3 personal training qualification is the first in the UK to utilise the Optimum Performance Training Model (OPT), a training model used by fitness professionals in the USA to treat special populations as well as elite athletes for more than 20 years.

The OPT Model was developed by Dr Mike Clark, an expert in human movement science, who has served as a sports medicine professional at two Olympic Games and is a consultant to professional teams and athletes.

Dr Clark saw a disconnect between sports science, human movement science and exercise science. He combined all three disciplines into a systematic training model which improved performance among athletes, but also helped the general public to achieve their goals.



“Thorough client assessment sits at the heart of the model and is the foundation on which all fitness programmes are built”

FIRM FOUNDATIONS

“The OPT Model is an evidenced-based training model, which continues to evolve as new science emerges,” says Brad Tucker, vice president and general manager of Premier Global NASM.

“The techniques used are backed by science and have been successfully employed in health settings and on the gym floor with thousands of patients, clients and professional athletes.

“Thorough client assessment sits at the heart of the model and is the foundation on which all fitness programmes are built, removing the guesswork from programme design.”

Trainers learn how to conduct health and movement assessments to understand how the client moves, noting any muscle imbalances etc. The results are used to develop a bespoke exercise programme, determining where to

focus on flexibility or activation to safely progress the client towards their goals.

The progressive model builds a stable foundation that focuses on posture, joint and core stabilisation and improving physical endurance before progressing clients with appropriately increased challenges.

“Health and fitness facilities are playing host to an increasingly diverse range of clients and fitness staff need to be up-skilled to work effectively with this changing customer demographic,” Tucker adds.

“The OPT Model gives trainers the skills to work with anyone, of any ability in any setting enabling clients to achieve optimal fitness safely and without compromising their stability and causing injury.”

The first graduates of the Diploma in Personal Training for OPT will graduate in September 2018. ●



■ Trainers learn how to conduct movement assessments of clients

Invitation to tender to
manage and operate the
former

Plaza Cinema

Port Talbot
SA13 1DH

An opportunity has arisen for prospective operators to tender for the management and operation of the soon to be refurbished Former Plaza Cinema, Port Talbot.

The new facility will include space for a café with scope to include a training kitchen, office/business incubator units for sub-let, activity space with potential for use as a gym, two retail units to the front of the building and a multi-functional hall for hire.

Tenders need to be submitted by 2.30pm, 20th June 2018

To register your interest on eTender Wales and access the documents please use this link:

<http://lei.sr?a=e5y2S>

OJEU Reference: 2018/S 085-191704

eTender Reference: ITT_67206 / Project_38625





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Develop a comprehensive outreach programme to promote all activities delivered by the centre. Deliver member and non-member events. Ensure that all team members adhere to the agreed sales processes. Ensure that all material relating to the centre is on brand and to date. As the Sales Manager, you will be a vital member of the Management Team, responsible for supervising all staff on duty, supervise all activities and ensure the effective day to day operation and safety of the centre whilst undertaking the key hold shift role.

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- Vibrant personality and a drive for leisure and sales.
- Experience in the industry and strong track record in sales.
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- A relevant degree or equivalent experience alongside a leadership or management qualification.
- Excellent project management experience and skills with a strong track record of delivery, preferably within the healthcare or leisure sectors.
- Considerable experience working collaboratively at a senior level with an extensive and diverse range of partners from the public, private and voluntary sectors.
- Strong budget management skills with proven funding success.
- Excellent written and verbal communication skills, together with exceptional organisational skills and the ability to work at pace and meet deadlines.
- A genuine commitment to embedding a person-centred and asset-based approach. The ability to lead and inspire a large team of staff.

CLOSING DATE : 04 JUNE 2018

Apply now: <http://lei.sr?a=f0p0j>



HEAD OF HOCKEY

Location : Caterham, UK

Salary : Competitive Salary & Benefits

We are looking for an excellent Teacher of PE with specialism in Hockey who has a passion for education. The successful candidate will work with the Director of Sport to lead and develop all aspects of hockey provision at Woldingham. The post will suit a well-qualified graduate, committed to delivering an exceptional learning experience for every pupil. PE is a popular and successful subject at Woldingham. The department consists of a team of 9 highly committed teachers who work with a focus on independent learning. There is a culture of sharing resources and ideas.

Our facilities and resources for teaching PE are very good; there is a large sports centre, swimming pool, all weather pitch/courts and a large sports field. Hockey is one of our major sports, played across the age ranges throughout the autumn and spring terms. It is also offered at A Level and GCSE, and teaching is shared amongst members of the department.

The successful candidate will have a strong coaching background in Hockey and communicate an enthusiasm for PE. The ability to teach across a range of Sports at a more recreational level will be accompanied by high standards to bring out the best in the full range of pupils at Woldingham. We are also looking for an individual with the capacity to teach PE up to A Level. First-rate organisational, team working and ICT skills are also essential.

Woldingham is a happy and successful Catholic boarding and day school for girls aged 11 to 18 and is firmly established as one of the top girls' independent schools in the UK, outperforming many schools that are far more selective in their admissions process. Central to this achievement is Woldingham's academic enrichment and extra-curricular programmes, pastoral support and caring community.

Close to London, yet in an outstandingly beautiful rural setting, Woldingham has a strong community and culture building on a proud heritage that stretches back 175 years. We are committed to an exciting future that is underpinned by fresh ideas, an innovative spirit and state-of-the-art facilities.

Please click 'Apply Now' below for more details and to retrieve an application pack.

Woldingham School is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment. An enhanced DBS report will be required for the successful candidate.

Our professional team of staff is Woldingham's greatest asset, and we want to ensure that everyone is supported to work in an effective, enjoyable and fulfilling way. Staff Development is a high priority, with induction and mentoring programmes for Newly Qualified Teachers and new colleagues, plus an annual cycle of Personal Professional Development planning for all colleagues.

Full time (term time) Required from January 2019

Woldingham School, Woldingham, Caterham CR3 7YA

Closing date: 11 Jun 2018

Interviews will be held on 18 June 2018

APPLY NOW
<http://lei.sr?a=k6u2t>



South Suffolk Leisure is a charitable Trust formed in 2006 managing leisure facilities across Suffolk. As a charity, our trading surplus will be re-invested back into developing and improving the facilities and services for our customers. With a mix of leisure centres with wet and dry facilities as well as a dual-use sports centre, we offer the community a variety of activity options.

Our gyms offer state of the art gym equipment as well as a variety of fun, motivational and challenging classes for all ages and abilities. As well as health and fitness we offer the Swim England accredited swimming lessons at both our swimming pools. Sports and junior clubs are run at our four sports centres and soft play is located at our Little Kingfisher play centre.

We are leading the way to active living.

We recognise our workforce is key to our service delivery

Our Vision is To improve the Health and Wellbeing of our Community

Our Mission is To provide quality facilities and services for our community that promote a healthy lifestyle.

OUR FOUR PRIORITIES ARE:

OUR WORKFORCE

To be recognised as an excellent employer

- We will invest in training
- We will offer clear development pathways for our staff
- We will encourage a healthy lifestyle

OUR BRAND AND PRODUCTS

To provide accessible facilities and deliver excellent service

- We will support communities to improve their health and wellbeing
- We will develop innovative and engaging programmes
- We will ensure diversity, equality and inclusion.

OUR COMMUNITY

To work with our partners to encourage healthy living

- We will build strong and innovative partnerships
- We will bring together partners to drive shared goals
- We will inspire and encourage volunteering

OUR FUTURE

To be financially sustainable in order to achieve our vision

- We will ensure that we operate in a cost-effective manner
- We will invest to ensure efficiency and growth
- We will create stronger more resilient communities

Currently recruiting for:

- Group Exercise Instructors
- Health & Wellbeing Coaches
- Exercise On Referral Coordinator
- Manager On Duty
- Lifeguards
- Apprenticeships

See our current vacancies here: <http://lei.sr?a=k5m6g>

INTERESTED IN A FUTURE CAREER AT IMPULSE LEISURE?

Impulse Leisure is an ambitious and innovative organisation that operates a number of Charitable Leisure Trusts. With approx. 420 employees, we operate a total of 11 facilities across Essex and West Sussex, in pursuit of our mission – *Creating Active and Healthy Communities*.

We are a vital component in the improvement of health and wellbeing in the communities in which we work, and continually seek applicants who will share in our vision. As a large local social enterprise, we invest all our surpluses into developing even bigger and better facilities and services. We believe in rewarding and training our most important assets – our employees. Therefore, we only seek the most inspiring, highly motivated and professional people to join our teams.

We offer a range of employment benefits, to include up to 33 days annual leave, flexible working patterns/hours, competitive salaries, contributory pension, opportunities for personal and professional development through our appraisal scheme, access to CIMSPA Membership and career pathways, accredited e-learning programme, healthcare cash plan, Rewarding Excellence Nomination Scheme, Performance Related Pay, FREE use of the facilities/discounts for partner, access to hundreds of lifestyle discounts, and finally an excellent team working environment!

Impulse Leisure offers an array of career possibilities, apprenticeships and training opportunities. If you have used our centres, you may have seen many of our departments in action from Receptionists, Fitness Instructors, Lifeguards, Swimming Instructors, Management Team etc. But, there are many other roles behind the scenes, which also contribute to our success as an organisation.

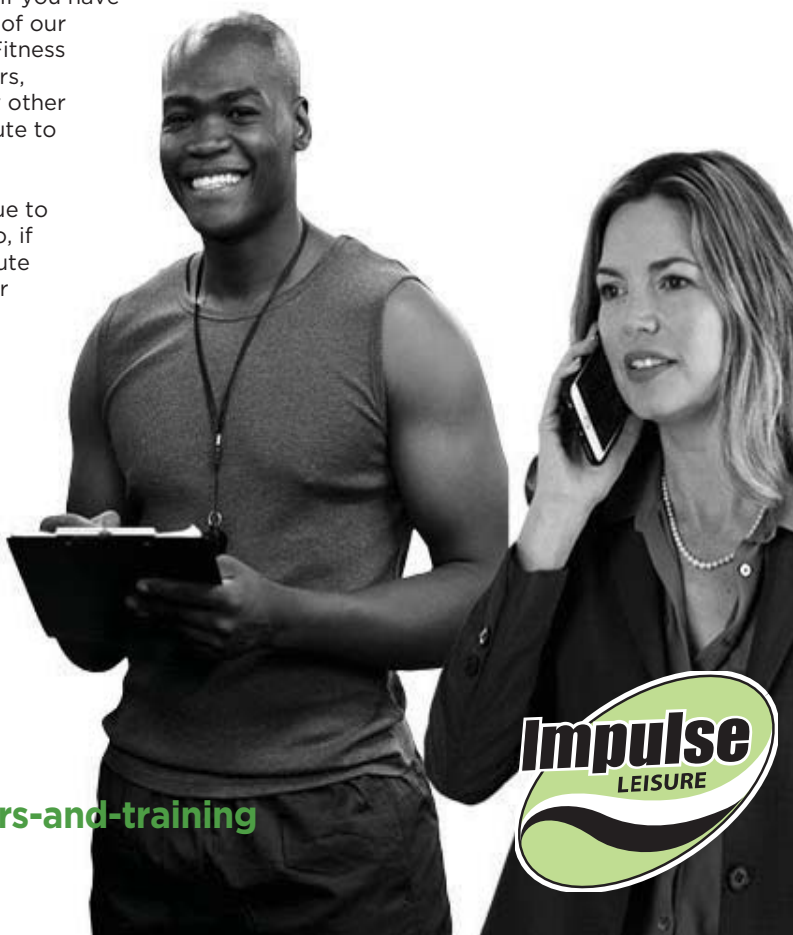
It's an exciting time to join us, as we continue to seek and create expansion opportunities. So, if you would like to join our team and contribute towards delivering our vision, please see our Current Vacancies or alternatively our Apprenticeships/Training Opportunities.

To see our current vacancies visit
www.leisureopportunities.co.uk/jobs/Impulse-Leisure

**A NEW JOB MADE
#JUSTRIGHT**

impulseleisure.co.uk/careers-and-training

Charity numbers: ACL 1112020 & TCL 1080186





CANOLFAN
MILENIWM
CYMRU
WALES
MILLENNIUM
CENTRE®

Head of Food and Beverage

Location: Millennium Centre, Cardiff, Wales, UK

Salary: £40,000 - £45,000

Hours: Full time

Wales Millennium Centre seeks to inspire our nation, impress the world – we wish all our delivery to be world leading.

For us, food and beverage is an integral part of the experience, it's an opportunity to showcase our innovative work and to use the amazing quality of produce available in Wales. Whether it's a cup of coffee, a meal before a show or a drink in the interval – we want it to be exceptional.

Are you passionate about driving an exceptional food & beverage experience in a creative and cultural environment?

Are you a motivational leader who promotes a sense of pride, enthusiasm and excellence amongst your team?

Would you thrive in the knowledge that you and your team make a vital contribution to creating inspirational and life-changing experiences that broaden horizons at Wales's national performing arts centre?

We're searching for a dynamic individual to lead our talented food & beverage team to maximise sales revenues, deliver consistent excellence and reflect the creative and inspirational work of the Centre.

You'll be responsible for developing sustainable plans to ensure growth within our food & beverage business; recruiting and retaining customer experience focused talent and collaborate across the organisation to nurture innovative promotions and improvements throughout our food & beverage offering.

If this is you – we'd love to hear from you.

For full details and to apply, please click link below and send your CV along with a covering letter describing your skills and why you are suitable for the role.

We welcome applications in Welsh or English. If you apply for a role at the Centre in Welsh, your application will not be treated less favourably than an application submitted in English.

Apply now - <http://lei.sr?a=e8a5y>



CANOLFAN
MILENIWM
CYMRU
WALES
MILLENNIUM
CENTRE®

pennaeth Bwyd a Diod

Location: Canolfan y Mileniwm, Caerdydd, Cymru, UK

Salary: £40,000 - £45,000

Hours: Full time

Uchelgais Canolfan Mileniwm Cymru yw creu ysbrydoliaeth i Gymru, creu argraff ar y byd – dymunwn i'n holl brofiadau fod o safon ryngwladol ragorol. Mae darpariaeth bwyd a diod yn rhan annatod o'r profiad i ni. Mae'n gyfle i ni arddangos ein gwaith arloesol a defnyddio'r cynnyrch gorau sydd gan Gymru i'w chynnig. Boed yn baned o dê neu goffi, yn bryd cyn y sioe neu ddiod amser egwyl – hoffwn i bob un profiad fod o'r radd flaenaf.

Ydych chi'n angerddol yngl?n â chreu profiadau bwyd a diod anhygoel mewn awyrgylch creadigol a diwylliannol?

Ydych chi'n arweinydd sy'n ysgogi balchder, brwdfrydedd a rhagoriaeth yn eich tîm?

Ydych chi'n unigolyn byddai'n llwyddo gan wybod eich bod chi a'r tîm yn gwneud cyfraniad hanfodol tuag at greu profiadau ysbrydoledig sy'n newid bywydau ac ehangu gorwelion yng nghanolfan gelfyddydau cenedlaethol Cymru?

Rydyn ni'n chwilio am unigolyn deinamig i arwain ein tîm talentog bwyd a diod. Byddwch yn ymdrechu i wneud yr elw mwyaf posib wrth gyrraedd safonau rhagorol sy'n adlewyrchu gwaith creadigol ac ysbrydoledig y Ganolfan ar bob adeg.

Bydd cyfrifoldeb arnoch chi i ddatblygu cynlluniau cynaliadwy i sicrhau twf yn ein busnes bwyd a diod, recriwtio a chadw talent ag arbenigedd profiad cwsmer a chydweithio ar draws y Ganolfan i feithrin gwelliant ac arloesedd ar draws ein hunedau bwyd a diod.

Os mai dyma'r swydd i chi – hoffwn ni glywed gennych.

Ymgeisiwch wrth ddanfôn eich CV a llythyr cais yn disgrifio'ch sgiliau gan amlygu eich addasrwydd ar gyfer y swydd.

Croesawn geisiadau yn Gymraeg neu'n Saesneg. Ni fydd cais yn Gymraeg yn cael ei drin yn llai ffafriol na chais yn Saesneg.

Apply now - <http://lei.sr?a=e8a5y>



Hydrothermal Spa Designer

Salary:
c£40,000pa

Location:
North London

Design for Leisure are a specialist spa design and consultancy company who create some of the most exciting hydrothermal bathing experiences in the world. Mainly working in the 5* luxury sector, our state-of-the-art projects are installed in spas, hotels and wellness resorts across the globe and are specified using high-end materials and equipment appropriate for the most luxurious of builds.

We're currently working on more than 40 projects, offering clients a highly specialised technical spa and pool design service to support project teams, with detailed technical drawings and specifications for wet spa areas and pools of all types.

With such a variety of workload we're expanding our London-based design team and are now looking to recruit a technically capable designer, quite possibly with industry experience to provide MEP support on our design and in some cases installation projects.

Working from existing schematic designs, you'll develop detailed service drawings and specifications based on best practice to ensure the optimum solution is developed. No two projects are ever the same, so you'll be facing new challenges and working with new disciplines all the time. Working together with our offices in Austin, Texas our style is highly collaborative, so strong team-working skills are vital as is the ability to take the lead on technical issues with clients and project managers.

Our projects are all over the world, so the ability to work with and understand different national standards and codes is essential, as is the ability to work with both metric and imperial weights and measures.

There will be occasional international travel for project meetings and visits to some key manufacturers in Germany as part of your induction into the company.

You must have:

- A successful track record of working in building services
- Quantifiable experience of mechanical, electrical and plumbing (MEP) service design and drawing and/or a background designing within the swimming pool industry
- Excellent working knowledge of Microsoft Office Suite, AutoDESK AutoCAD, Photoshop, Adobe Acrobat and SketchUp
- Experience of working in project management and work effectively in a team-working environment

Ideally you'll also have:

- Experience of designing pools and of specifying pool filtration systems
- Experience of working in the spa/wellness sector
- The ability to undertake general CAD work
- An understanding of SolidWorks, Revit and Vectorworks

To find out more about Design for Leisure, visit our website: www.designforleisure.com or download a copy of our company profile.

For a confidential discussion and to find out more about this exciting opportunity, please call our retained advisor Michael Emmerson on 07796 066158 or email your CV with a covering note to MichaelEmmerson@HR-Support.org.uk

Apply now: <http://lei.sr?a=P8C0g>



CELTIC MANOR
HOTELS, RESORTS, CONFERENCES

SPA THERAPIST

NEWPORT, UNITED KINGDOM

Highly trained ✓ Qualified to NVQ Level 3 ✓ Experienced ✓ Enthusiastic to learn more ✓

If you are magic at massage and fantastic at facials, then you could be for us.
We're looking for a Spa Therapist to join our award winning team and spa*.

The Celtic Manor Resort houses two luxurious spas with 16 gorgeous treatment rooms, offering the latest in therapies with leading products, ready and waiting for you to get your hands on.

When you join the Celtic Manor family, you get some pampering too!

Celtic Manor Resort family benefits include:

- Very competitive rates of pay, which are reviewed on a regular basis £8.30 - £9.58 per hour, depending on experience.
- Attractive commission scheme
- Own in house Celtic College
- 28 holiday days per year
- Free Meals on Duty
- Discounted Leisure Membership
- Childcare Voucher Scheme
- Cycle 2 Work Scheme
- Discounted Room Rates
- Discounted Food & Beverage Rates
- Discounted Spa & Resort Retail
- Discounted On-Site Activities
- Staff Accommodation £459pcm (subject to availability)

*Voted Readers' Choice Best UK Hotel Spa & Best UK Spa Manager 2015 Spa Traveller awards.

In line with the requirements of the Asylum & Immigration Act 1996, all applicants must be eligible to live and work in the UK. Documented evidence of the eligibility will be required from candidates as part of the recruitment process.

The Celtic Manor Resort is an equal opportunity employer and would welcome interest from applicants of all ages.



Apply now - <http://lei.sr?a=i3G2m>



Be at the start of an exciting new massage brand.

The Massage Company™ is looking for ambitious Assistant Managers and Sales Supervisors to help lead our exciting, new massage concept at our flagship centre in Camberley.

To be successful you will need to share our passion for bringing high-quality massage to the mainstream; transforming it from the occasional or a treat to a routine and vital part of a better and balanced life for our clients. With other sites opening soon, both these roles offer excellent career progression into higher management and/or new site opening positions.

Assistant Centre Manager

SURREY, UK

£ Competitive full-time (part-time available) plus commission

As an ACM you'll be establishing operational processes and creating excellent guest experiences.

You'll help train and develop our therapists and sales supervisors in some of the core skills they need as well as helping to promote The Massage Company™ ethos. You'll also be promoting the sale of memberships and of our exciting range of upgrade massage products and services as well as being responsible for scheduling appointments for our clients.

You'll need to have worked in a very customer service oriented role, be able to speak fluent English and have the right to work within the UK. But most importantly you must be passionate about bringing high-quality massage to the mainstream.

Membership Sales Supervisor

SURREY, UK

£ Competitive full-time (part-time available) plus commission

As a MSS you'll be generating new clientele and promoting The Massage Company™ brand. You'll provide clients with the best massage service advice to fit their needs and by matching them to the right therapist as well as promoting our internal upgrades of massage products and services.

You'll also be helping to create an excellent guest experience and occasionally being part of promotional activity both onsite and offsite locally.

For both roles, you'll need to have worked in a very customer service oriented role, be able to speak fluent English and already have the legal right to work in the UK. But most importantly you must be passionate about bringing high-quality massage to the mainstream.

For more information about these opportunities and to apply visit: <http://lei.sr?a=L2I3f>





Duty Manager

A Duty Manager is required for an independently owned 4*Hotel, spa, restaurant and health club.

You will have experience of working in a similar environment of the same standard and you will have a proven track record of working across a broad range of departments in the hospitality industry. Experience working in health and fitness would be desirable.

You will be required to work closely with the Assistant General Manager and General Manager to oversee the day-to-day operations of this business. You will be the first point of contact for all staff on duty and will be involved in all aspects of the operation.

- Staff supervision
- You will be experienced in using hotel/spa PMS booking systems and competent in hotel reception duties
- Assist in the running of the fitness centre, helping to deliver a fantastic service by planning offers, events and retention activities
- Deal with any guest concerns efficiently and deliver exceptional customer service
- Ability to work closely with the existing management team and assist in the smooth operation of their departments
- Communicate and enforce company policies and procedures
- Strong team manager with experience managing a large team
- Passionate, positive individual
- Self-starter with the ability to adapt quickly to any situation

If you are looking to move into a role where you will have the opportunity to get involved in a wide range of departments and learn new skills then this role could be for you.

This is a hands-on full-time position and due to the nature of the business, the role would include daytime, evening and weekend work. You must be flexible and committed with an ability to work as a strong team player. In return we offer...

- An opportunity to work in a hotel where your input counts and you see your ideas - come to life
- A chance to develop within a progressing company
- 40% off all food for you and your guests when dining in any of our restaurants
- Free gym membership
- Discount on treatments and products
- Company pension scheme
- Childcare voucher scheme

This is a full-time position. The hours would be worked over 4 days as a 12-hour shift.

For more information and to apply, please click link:
<http://lei.sr?a=v0q5e>

BEYOND
ESCAPES
Be You Be Here

OPERATIONS MANAGER (Live-In)

Location: Devon, UK
Competitive Salary & Benefits



Beyond Escapes (BE) is a completely new luxury holiday and leisure experience brand... you probably won't have heard of us as we only started to welcome guests in February this year, but we're excited to be looking for new people to help shape our future.

We have an ambition – a business vision – which comes from our own varied personal experiences of family breaks in the UK and abroad.

Like most families - holidays are a treasured escape from the treadmill of life. A time to simply be with each other as a family and enjoy quality time together. To relax, recharge, to reconnect with each other (and ourselves!) as well as disconnect from the day to day.

We were finding it more and more difficult to find a place that offered a quality holiday experience for both adults and children (tiny and teenager-y), without feeling conscious of the rules and constraints of the places we stay at.

We're determined to create the perfect escape that is accessible to everyone and caters for all.

A place where you can be the you, you love to be.

Your Role

Our Operations Manager is key to delivering operational success, ensuring our guests are provided with a consistently high-quality experience so they really enjoy their stay and want to return. In promoting a fun, safe environment, for our guests and team, whilst delivering our brand values, the Operations Manager is responsible for ensuring the operational strategy is consistently delivered to the highest standards across all areas.

The Operations Manager role is a stand-alone position but it can also be an excellent route to becoming a General Manager within Beyond Escapes as we develop the brand to five sites in the near future.

CLOSING DATE: 21 JUNE 2018

For more information and to apply: <http://lei.sr?a=m8k3z>