

leisure opportunities

19 February - 4 March 2019 Issue 756

Your careers & recruitment partner

UK Sport relaxes 'no compromise' stance

UK Sport has set out its funding blueprint for the next Olympic and Paralympic cycles, covering the Paris 2024 and Los Angeles 2028 Games.

The strategy includes a significant change in the way the high performance body will hand out grants – namely, the relaxing of its 'no compromise' approach to funding elite sport.

Instead of focusing entirely on sports which have a chance of medaling at the next Olympic Games, the new approach will see three tiers of funding that will channel investment into different stages of the performance pathway.

The funding tiers are:

■ **Podium:** Investment into athletes and teams with a realistic chance of medals within four years.

■ **Podium Potential:** Investment to athletes and teams with a realistic chance of a podium position within four to eight years.

■ **Progression:** Investment to enable athletes and sports to take the first step on the performance pathway.



■ Funding will still be focused on winning medals, but over a longer term


The strategy follows a public consultation on UK Sport funding, which revealed 61 per cent of respondents saying the current medal winning strategy is "the right approach".

"We're confident the new strategy will help sustain medal success while enabling more communities to be inspired by sport," said UK Sport chair Katherine Grainger.



The athlete will be at the heart of everything we do

Katherine Grainger



FITNESS

ukactive: database is 'key to improving exercise referrals'

Steven Ward calls for the sector to share evidence

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Mencap to set up 27 physical activity hubs

Jan Tregelles hails 'unique project' with Sport England

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SPA & WELLNESS

Redesign for Center Parcs Longleat's Aqua Sana spa

Kay Pennington: "Forest environment inspired us"

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Fitness investor **Philip Newborough**: every business needs to think about social impact

Philip Newborough, co-founder of investment company Bridges Fund Management, has claimed that capitalism "risks losing its mandate" – and that every business needs to start thinking about social impact.

In an interview with *Leisure Opportunities'* sister magazine *HCM*, Newborough said the capitalist model creates wealth in the short term, but if it doesn't address the broader issue of serving society, it risks losing its licence to operate.

A multi-national investor, Bridges Fund Management has a number of fitness properties.

The group has a significant stake in The Gym Group and



■ Newborough's investments include a stake in The Gym Group

"The capitalist model creates wealth in the short term, but if it doesn't serve society, it risks losing its licence to operate"

it owns Spanish low-cost operator Viva and Portuguese market leader Fitness Hut. It also owns Planet Fitness,

one of the largest fitness franchises in the US.

"If inequality grows, that might force more difficult

change," Newborough said. He added that among the models which allow businesses to focus on the issue are Social Impact Bonds (SIBs) – which Bridges Fund Management has become a big player in.

Designed to help social sector organisations deliver outcomes-based contracts for government, SIBs are based around an intervention from organisations that address important social issues.

"A government department agrees to commission the programme on a 'payment by results' basis; we provide the project finance, plus any support the provider needs to deliver successfully," Newborough explained.

Sportscotland appoints Scottish Swimming CEO **Forbes Dunlop** as chief operating officer



■ Dunlop will take up the role in April

Sportscotland has appointed Forbes Dunlop, CEO of Scottish Swimming, as its new chief operating officer.

Dunlop, who spent six years at Scottish Swimming, will take up the role at the Scottish sports body in April.

"I have thoroughly enjoyed working for Scottish Swimming and it has been a real privilege to work with such a talented and dedicated group of staff and volunteers," Dunlop said.

"The role with Sportscotland is a really exciting one and an opportunity for me that was too good to pass"

"The team's hard work – alongside that of our local and national partners – is why swimming continues to make progress and enjoy success at all levels of our sport.

"The role with Sportscotland is a really exciting one and an opportunity that was simply just too good for me to pass."

According to Stewart Harris, Sportscotland CEO, Dunlop will have a "crucial role" in shaping the future of the organisation.

"Forbes has done an excellent job at Scottish Swimming and brings with him a wealth of experience of the sporting system which will be invaluable as part of this new role," Harris said.



■ Long hopes the museum will connect with the community

"V&A is a design museum and I want to help people understand how important design and creativity is to us all"

V&A Dundee director **Philip Long** seeks to inspire through creativity

The V&A Dundee – Scotland's first major design museum – provides a 'new concept' for people to discover, one that could help to "change their lives", according to director Philip Long.

The museum, which opened in September 2018, came about through a close relationship between the V&A (Victoria & Albert Museum) and the University of Dundee, which includes the Duncan of Jordanstone College of Art and Design, considered by some as one of the top such institutions in the UK.

"V&A Dundee is a new idea and a new institution for people to discover and explore," Long told

Attractions Management.

"As a design museum, our focus is the impact design has on everyone. I want to help people understand how important design and creativity is to us all. It will be vital to make opportunities for people – especially the youth community – that might change their lives. People can excel in so many ways – that may not always be through the conventional education system – but by seeing great design and getting involved in design and creativity, they may find ways to transform their future."

Having set a target of 500,000 visitors for the first year, V&A Dundee attracted 27,000 people in its first week.

leisure opps

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■ Yates said the Madrid launch will be followed by two openings in Finland

TRIB3 CEO **Kevin Yates** calls UK operator's Madrid opening a 'game changer'

UK boutique studio operator TRIB3 has launched a flagship club in Madrid, igniting a busy period of international openings for the brand.

The Madrid launch is the first of two in the city, and comes ahead of the re-launch of its existing Barcelona studio in March 2019.

The 4,000sq ft Madrid studio will house 42 workout stations and sits in the financial district of Cuzco.

Kevin Yates, TRIB3 CEO, said the launch – undertaken

"The launch of the Madrid studio sees us building on the successes we're experiencing in the UK"

in partnership with health and fitness group Holmes Place – is a "game changer" for the company.

"The launch of our flagship studio in Madrid sees us building on the successes we're experiencing in the UK and refining our model to suit a new market," Yates said.

"It forms a core part of our expansion strategy and

demonstrates our ambitions to work with other investors and partners in major cities across the globe."

The Madrid opening will be followed by TRIB3's entry into the Finnish fitness market.

The operator will open a studio in the capital city Helsinki in February, closely followed by a launch in the city of Tampere.

Entrepreneur and massage therapist **Gloria Budd** to bring Facercise to the UK for the first time

Entrepreneur and massage therapist Gloria Budd has been granted the UK license to launch Carole Maggio's Facercise programme in the UK.

Developed by Maggio more than 30 years ago, Facercise consists of a series of facial exercises that promises to deliver a more youthful appearance by targeting the 57 muscles in the face.

Launching at A Place to Heal by Arrigo in London's Holland Park in February, Budd will offer a range of Facercise workshops, including small group sessions, one-to-one consultations and a six week programme, as well as the Signature Transformational treatment.



■ Budd will bring Facercise to London's Holland Park

"The benefits of exercising your face daily are numerous for anyone dealing with the natural ageing process"

"The benefits of exercising your face daily are numerous for anyone dealing with the natural ageing process,"

Budd said. "We go to the gym to train our bodies and build healthy strong muscle and yet we don't

think about exercising the 57 muscles in our face."

In the small group sessions, which start at £50 per person, Budd will demonstrate Facercise's 13 facial exercises, including postural positions, movements and resistance levels, while the one-to-one sessions, which start from £180 per head, are designed to elevate the learning process and include personalised video recordings for mobile devices to encourage clients to continue practicing at home.

The six-week programme, which starts from £300, includes advanced exercises as well as one-to-one time and a bespoke programme designed to target concerns specific to the client.



■ The event will be spearheaded by Chris Evans (middle) and includes inspirational talks by famous runners, including Olympic medallist Steve Cram (left) and world champion Paula Radcliffe (right)

Celebrity DJ **Chris Evans** launches RunFestRun event

Radio DJ and media personality Chris Evans has launched a new running and music festival.

Described as an event mixing "serious running with a serious party and line up of fantastic live music afterwards", the first ever RunFestRun will take place from 31 May until 2 June this year.

Held at the Grade I-listed Georgian country estate Bowood House and Gardens, the three-day festival – organised in partnership with Virgin Radio – has been designed as a family-friendly gathering which will promote physical activity.

Running routes range from an immersive 2.5k fun run through to a timed half marathon and will be supported by fitness and wellness classes.

There will also be inspirational talks with sporting legends and endurance runners.

"It's been fantastic to launch RunFestRun," Evans said.

"We want people to join us for a jam-packed weekend of running while having a great time outdoors with friends and family.

"Whether it is your first run or your hundredth, grab your trainers and join us for the nation's big, new running party."

"It's been fantastic to launch RunFestRun – we want people to join us for a jam-packed weekend of running while having a great time outdoors with friends and family"

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FRANCHISES

Orangetheory hits billion revenue landmark

Orangetheory Fitness recorded more than US\$1bn (£765m) in system-wide revenues during 2018 – a record for the franchise-based operator.

The company – which offers 60-minute HIIT sessions featuring five different exercise zones – has grown rapidly since its launch in 2010 and currently has 1,100 studios in 22 countries. It also has more than 500 studios in the development pipeline.

"By taking HIIT to a new level of performance, we have been able to take our business to new heights as well," said Dave Long, Orangetheory Fitness co-founder and CEO.

"As our growth rate continues to skyrocket, we

believe we will reach our aggressive goal of operating 2,500 studios – serving 2.5 million members, worldwide – within the next five years."

The company has ambitious growth plans for the UK market and has signed two master franchising deals for a total of 110 franchised sites, covering all of England.

It opened its first site under the new master deal in the North of England in December 2018 – a 5,500sq ft studio in Altrincham – which will be followed by a studio in Derby, scheduled to open later this year.

The group plans to have 12 sites operating in the UK by the end of 2019.

[More: http://lei.sr/Q8r9q_0](http://lei.sr/Q8r9q_0)



■ The company plans to have 12 sites in the UK by the end of 2019



“
We believe we will reach our goal of operating 2,500 studios within five years

Dave Long

EXERCISE AS MEDICINE

ukactive: database 'key to improving exercise referrals'



“
There is a gap in the effectiveness of schemes

Steven Ward

ukactive has called for the physical activity sector to increase the amount of evidence it shares on exercise referral schemes.

The industry body said that by sharing more evidence, the sector can study outcomes and "better understand why some schemes are more effective than others". As a result, the sector would be able to create better schemes, maximise its contribution to the NHS and create further opportunities for collaboration.

The call comes after ukactive last month published development plans for the National Referral Database. The database collects evidence



■ The referral database collects patient outcomes

of the outcomes for patients both before and after their participation in an exercise referral scheme.

"We know for a fact that the UK is home to some fantastic exercise referral schemes," said ukactive CEO Steven Ward. "Our latest research, however, shows there is a gap in the effectiveness of schemes and outcomes being collected."

[More: http://lei.sr/e8d8M_0](http://lei.sr/e8d8M_0)

RESEARCH

Study: exercise 'makes young people eat healthier'



After just a few weeks, the formerly sedentary participants began to choose foods like lean meats, fruits and vegetables

Regular exercise has been linked to better eating habits among young people.

Research by the University of Texas at Austin shows that exercise training appeared to motivate young adults to pursue healthier diets and to regulate their food intake.

The study, published in the International Journal of Obesity, looked at 2,680 sedentary young adults who were put through a 15-week programme of regular physical activities.

Researchers found that, after just a few weeks, the formerly sedentary participants began to be



■ The more active participants became, the more selective they became over their diets

more likely to choose foods like lean meats, fruits and vegetables.

Participants also began ditching fried foods, sugary drinks and other unhealthy foods from their diets. Remarkably, they began choosing healthier foods despite being instructed not to change their diets in any significant way.

[More: http://lei.sr/p7Q6n_0](http://lei.sr/p7Q6n_0)

NEW OPENING

Worsley gym reopens as part of £35m investment

Worsley Leisure Centre in Salford has opened following a £1.4m redevelopment of its fitness facilities.

The centre, operated by Salford Community Leisure on behalf of Salford City Council, now includes a 317sq m (3,400sq ft) health club with a dedicated weights area, a HIIT zone and a modular rig for functional and small group training.

A multi-purpose studio has replaced the former gym space, offering a new area for exercise classes. The extra studio space will be used to engage "the entire community" – with plans to



■ Mark Chew, director of Leisure at Salford Community Leisure (left) at the reopened Worsley centre



The centre has been the hub of the local community since opening in 1937 and has now been transformed

Mark Chew

include more children's dance and gymnastics classes as well as a range of sessions aimed at helping elderly members get more active.

Equipment was supplied by independent kit company Gym Gear and includes virtual programmes and fitness apps, alongside audio-visual functionality including digital TV, immersive workout landscapes and internet browsing.

[More: http://lei.sr/Y6D7r_0](http://lei.sr/Y6D7r_0)

Parkwood secures contract for Erewash Borough Council

Parkwood Leisure has been awarded a 10-year contract to operate leisure facilities on behalf of Erewash Borough Council.

As part of the deal, Parkwood will invest more than £1m in improving services and facilities, with an initial focus on upgrading two venues – the West Park Leisure Centre and Rutland Sports Park.

"Erewash has some fantastic facilities and with the investments over the next year – and the length of the contract – we will build upon their success," said Peter Fitzboydon, Parkwood MD.

[More: http://lei.sr/F3P6A_0](http://lei.sr/F3P6A_0)

INNOVATION

Sweatcoin users "20 per cent more active"

A study carried out by the University of Warwick has found that Sweatcoin, an app which incentivises users to exercise by offering cash rewards, can result in users increasing physical activity by up to 20 per cent.

Researchers from the university's Warwick Manufacturing Group (WMG) department monitored the daily step counts of 6,000 Sweatcoin users for six months after they downloaded the app. This data was then compared to users average physical activity three months prior to the study, with results showing that physical activity increased by an average of 19.5 per cent.

Furthermore, the study found that those typically lacking motivation to exercise, particularly participants with higher BMIs or sedentary lifestyles, were more likely to increase their step count.

"This suggests that instant reward programmes, such as Sweatcoin, could be key to tackling a number of societal health issues.

Sweatcoin co-founder, entrepreneur Anton Derlyatka said: "This study suggests that we potentially have a tool to reduce the burden on healthcare and community services, which could save billions in taxpayer money."

[More: http://lei.sr/d8X9Z_0](http://lei.sr/d8X9Z_0)



■ The study monitored the daily steps of 6,000 Sweatcoin users



Sweatcoin could save billions in taxpayer money

Anton Derlyatka

TECHNOLOGY

Is Google planning a fitness watch launch?



This deal showcases our shared investment in wearables

Stacey Burr

Tech giant Google has bought a bulk of intellectual property from watchmaker Fossil, pouring fuel on rumours that it is working on a flagship smartwatch product.

Fossil Group announced that it has sold Google a "selection" of intellectual property (IP), related to smartwatch technology it has currently under development.

As part of the US\$40m (£31m) deal, a portion of Fossil Group's research and development team will also transfer to Google.

In 2014, Google released OS Wear by Google – an operating system



■ Smartwatches are Fossil's fastest growing category

designed for smartwatches and other wearables – but has so far not produced wearable hardware.

According to Stacey Burr, president of product management for Google's Wear OS operations, the transaction "showcases Fossil and Google's shared investment in the wearables industry".

[More: http://lei.sr/G7w4E_0](http://lei.sr/G7w4E_0)



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ACTIVE POPULATIONS

Mencap to set up 27 activity hubs

Mencap has revealed plans to establish 27 activity hubs across England in order to get people with learning disabilities more physically active.

The hubs will offer a variety of activities – including Zumba, boccia and walking rugby – as well as more traditional sports.

To incentivise those with learning disabilities to take part, Mencap – a learning disability charity – has also launched a special Round the World Challenge linked with the activities at the hubs.

Those completing 100 hours of exercise will have completed their "round-the-world trip", with landmarks along the way including 20 hours for crossing the UK

and 40 for Europe – with participants receiving 'postcards' to recognise their achievement in reaching significant landmarks along their journey.

The £1.7m project will be majority funded by a £1m grant from Sport England, with the sessions at each hub being run by specially trained staff and volunteers.

"This unique partnership between Mencap and Sport England offers the chance for people with learning disabilities to become more engaged with other people and social activity, something Mencap strongly believes in," said Mencap CEO Jan Tregelles.

[More: http://lei.sr/6v4p6_0](http://lei.sr/6v4p6_0)



■ The hubs will offer a variety of activities and sports



This partnership will get people with learning disabilities more active

Jan Tregelles

PARTICIPATION

British Rowing launches Go Row Indoor programme



The initiative will create more opportunities for people to take part

Helen Rowbotham

British Rowing has launched an indoor rowing initiative for community rowing clubs.

As part of a drive to increase participation in the sport, the Go Row Indoorclub initiative has been developed to cater for an increased demand for indoor rowing exercise classes – and to enable community rowing clubs to better utilise their existing gym infrastructure.

Rowing clubs will be sent a new Go Row Indoor support package, providing them with the training, support and materials needed to run Go Row Indoor exercise classes.



■ The classes are designed to appeal to people looking for new forms of group exercise

"The Go Row Indoor club initiative will help create more opportunities for people to take part in indoor rowing classes through our existing club network," said Helen Rowbotham, British Rowing's director of innovation.

"The initiative includes a full support package for clubs wanting to get involved."

[More: http://lei.sr/N2P6r_0](http://lei.sr/N2P6r_0)

GRASSROOTS SPORT

Table Tennis Scotland launches pop up initiative



as a low-impact sport, table tennis offers many health benefits for the elderly

Table Tennis Scotland and Age Scotland have launched a joint initiative aimed at encouraging older generations to become more physically active by taking part in table tennis sessions.

The programme is based on pop-up table tennis halls, which will be open seven days a week with a team of table tennis volunteers on hand to help people get started.

One of the first pop-ups was set up at an empty unit in the South Gyle shopping centre in Edinburgh. South Gyle provided the space free of charge and a local club – Murrayfield Memorial Table



■ The referral database collect patient outcomes

Tennis Club – took a lead on behalf of local clubs in organising the volunteers.

As well as playing on the tables, passers-by can access information on a range of other activities, including local walking groups, walking sports, local clubs and how to connect with dementia-friendly classes.

Studies show that, as a low-impact sport, table tennis offers many health benefits for the elderly, as it gets the heart and muscles working on a regular basis.

[More: http://lei.sr/G5e8h_0](http://lei.sr/G5e8h_0)

DISABILITY SPORT

New Sensory Alliance to make sport accessible

British Blind Sport, UK Deaf Sport and national disability charity Sense have launched a joint venture called Sensory Alliance, designed to break down barriers to sport and physical activity for people living with sensory impairments or complex disabilities.

Each partner in the alliance will work with key stakeholders within the industry to create a unified approach to help get more people into sport.

Among its key commitments will be to share research and data with partners to support the increase of physical activity levels of people with



■ The alliance will develop guidance for the sector



Each partner in the alliance will work with key stakeholders within the industry to create a unified approach to help get more people into sport

sensory impairments and to work jointly on opportunities that will improve experiences of sport and activities.

It will also promote activities and events delivered by each organisation within the Sensory Alliance and highlight other external opportunities.

There will also be a drive to develop resources and guidance for the sector on how to best support people with sensory ailments.

[More: http://lei.sr/M9w9d_0](http://lei.sr/M9w9d_0)

Liverpool FC reveals record revenues as profits soar

On-field success has helped English Premier League club Liverpool FC (LFC) post record revenues for its last financial year.

Reporting its financials for the year to 31 May 2018, the club saw pre-tax profits grow by more than 300 per cent – from £40m to £125m.

The growth was driven by on-field success, which saw the turnover during the period increase by £90m to £455m.

"All three revenue streams saw rises with match revenue increasing by £7m to £81m," the club said in a statement.

[More: http://lei.sr/A5N4J_0](http://lei.sr/A5N4J_0)

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Swimming news

OLYMPIC POOL

Work to begin on Winchester's 50m pool



The centre is set to open in early 2021 and has been designed by LA Architects

Construction work is set to begin later this spring on a £38m leisure centre and Olympic-size swimming pool in Winchester.

Designed by LA Architects, the Winchester Sport & Leisure Centre will house a 50m swimming pool, teaching pool and splash area, a health club with a 200-station gym floor, two large studios and an indoor cycling studio.

The inclusion of the 50m pool has been welcomed by local swimming clubs, which have been calling for the city to "build on London Olympics legacy from 2012".



■ Designed by LA Architects, the Winchester Sport & Leisure Centre will house a 50m swimming pool

The centre – which will be owned by Winchester City Council (WCC) and will replace the ageing River Park Leisure Centre – is set to open in early 2021 and WCC has revealed that it has appointed Everyone Active to manage the facility.

[More: http://lei.sr/M3c3x_0](http://lei.sr/M3c3x_0)

CAMPAIGNS

RLSS looks to create more diverse lifeguard workforce

Water safety charity The Royal Life Saving Society UK (RLSS UK) has launched a new campaign which looks to attract a more diverse workforce to take up careers in lifeguarding.

With a focus to "attract those who might not have previously considered it as an option", the #BeaLifesaver campaign looks to address the issue with a new visual identity.

The campaign also looks to re-position the role of a lifeguard as a lifesaver.

"We often hear from our clients struggling to recruit lifeguards in certain areas of



■ The campaign materials have been created to 'broaden the appeal of lifeguarding'



The campaign will help make the most of the untapped workforce

Jo Talbot

the country," said Jo Talbot, Director of RLSS UK.

"Our #BeaLifesaver campaign has been developed to help our clients make the most of the untapped workforce, right on their doorsteps – actively retired people, students, people with dependants or who can only work part-time.

"The marketing materials have been created to broaden the appeal of the role."

[More: http://lei.sr/FOP3y](http://lei.sr/FOP3y)

Everyone Active signs deal with coaching firm Swim Smooth

Leisure operator Everyone Active will begin offering its members free access to a digital resources that will help develop their swimming skills.

The service is the result of a partnership with aquatic coaching company, Swim Smooth.

Swim-only members at Everyone Active-run centres will be given free access to the Swim Smooth Guru, a 'virtual coach' that offers a wealth of online advice for swimmers of all abilities. The resource features advice, step-by-step technique tutorials and video analysis.

[More: http://lei.sr/S5E2Z](http://lei.sr/S5E2Z)

Community Leisure UK

The voice for community leisure trusts across the UK

The community leisure trust collective has launched a new brand that seeks to support and develop our public leisure and culture services. **Community Leisure UK** – formerly Sporta - is the association that specialises in charitable leisure trusts across the UK, enabling networking and knowledge sharing with peers and external stakeholders.

Collectively, member community leisure trusts manage a **combined budget of more than £1.6bn**, **employ over 67,000 people**, and receive **233million visits per year**.

Charitable trusts are key community anchors who **reinvest every penny** into developing services focused on their local people across the life course. Trusts are working with more and more partners to develop supported routes to **mental and physical health improvement**, while reshaping services to meet local strategic objectives.

The ultimate aim of community leisure trusts is to **engage all people across the community**, whether that is having a health check, a coffee in a safe and warm space, going for a swim, taking a walk in the park, borrowing a library book or becoming a member of a gym.

Community Leisure UK are keen to help organisations who would like to know more about the public leisure landscape and / or the charitable trust model. Please do get in touch at:

www.communityleisureuk.org

@CommLeisureUK

cateatwater@communityleisureuk.org

Thank you for reading.





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I think will be my 5th year at SIBEC and from both a business and personal perspective there are a number of reasons why I continue to attend yearly-

1. It is one of the best business networking events I have attended in the Industry and year on year continues to put me in touch with new suppliers and buyers that consistently open my eyes to further business opportunities.
2. It allows me to be a source of referral for any of our existing suppliers who are looking to work with other operators.
3. It gives me the opportunity to meet up and socialise with other Industry leaders within their field.



Michelle Dand,
Group Health & Fitness Manager,
David Lloyd Leisure Ltd

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REFURBISHMENT

Redesign for Center Parcs Longleat spa

The Aqua Sana Spa at Center Parcs Longleat Forest in Wiltshire is set to undergo a significant refurbishment that will see its World of Spa replaced with a new forest spa concept.

The project, which is worth a reported £4.7m, will consist of five phases, taking place over the course of 14 months, with normal operations remaining throughout. Works will include an extension of the current spa building as well as a complete overhaul of the existing treatment areas.

Once complete the new spa will boast 25 new experiences – some exclusive to Longleat – inspired by the seasons. They will incorporate ice, frost,

rainforest showers and hot springs to stimulate the senses and make guests feel closer to nature.

Kay Pennington, Aqua Sana Group spa manager, said: "The forest environment has inspired us to change the experiences we offer to make the most of nature. The reaction we have had from guests at Sherwood Forest, when we altered the spa there last year to Forest Spa was incredible and we want to bring this great concept to Longleat Forest this year.

"Aqua Sana Longleat Forest will have 25 spa experiences even before you reach the extensive treatment menu."

[More: http://lei.sr/B3v4Y_0](http://lei.sr/B3v4Y_0)



■ The refurbishment is expected to take 14 months to complete



The forest environment inspired us to change the experiences we offer

Kay Pennington

NEW OPENING

Rudding Park invests in anti-SAD therapy room



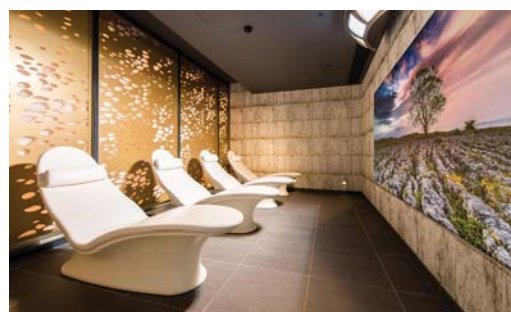
We are always looking to innovate and offer guests something new

Matthew Mackaness

Rudding Park in Harrowgate, UK has opened a Sunlight Therapy Room in its Roof Top Spa to help reduce the effects of seasonal affective disorder (SAD).

According to research nearly a third of Brits suffer from SAD, due to lack of sunlight.

Designed to counterbalance SAD by giving guests a healthy dose of winter sunshine, the Sunlight Therapy Room offers safe sun exposure from 'sunlight simulators' that mimic natural sun rays whilst filtering out harmful UV rays. Guests simply relax on heated, sculpted loungers beneath these simulators for



■ The Sunlight Therapy Room offers safe sun exposure to treat Seasonal Affective Disorder

20 minutes to reap a host of benefits, including reduced symptoms of SAD, sounder sleep, increase in energy, reduction in aches and pains and a boost in vitamin D production.

Matthew Mackaness, spa director, said: "At Rudding Park we are always looking to innovate and offer guests something new."

[More: http://lei.sr/F4E2s_0](http://lei.sr/F4E2s_0)

Spa & wellness news

RESEARCH

Study: massage rollers "increase skin blood flow"



Short-term mechanical stimulation by a facial massage roller increased skin blood flow for more than ten minutes

The benefits of face massage rollers have been given scientific backing after a study found that using a roller can increase skin blood flow for more than ten minutes after the massage.

Led by the Institute for Liberal Arts at the Tokyo Institute of Technology – and published in the *Complementary Therapies in Medicine* journal – the research also suggested that the use of rollers can improve vasodilation – the widening of blood vessels – in the long-term.

The research team conducted short- and long-term experiments



■ Even a five-minute massage resulted in 'significantly increased facial skin blood flow'

involving the participation of healthy male and female volunteers to examine the effects of using a massage roller on facial skin and blood flow.

Among the findings of the short-term experiments were that even a five-minute massage resulted in "significantly increased facial skin blood flow" in the massaged cheek, with a relative change of up to around 25 per cent.

[More: http://lei.sr/d9T9j_0](http://lei.sr/d9T9j_0)

SUPPLIERS

Spa furniture company secures Dragons' Den fund

Sustainable furniture design company Van De Sant has secured a £70,000 investment package from serial entrepreneur and TV personality Deborah Meaden.

The Dutch company received the investment thanks to an appearance by its founder, Robert Milder, on the popular UK television show *Dragons' Den*, which offers entrepreneurs the opportunity to present their business ideas to a panel of five wealthy investors.

Milder's pitch, which introduced the "Dragons" to Van De Sant's sustainable chairs and couches, impressed



■ Robert Milder (right) secured a £70,000 investment from Deborah Meaden (left) on the TV show



Our furniture prevents deforestation and reduces plastic waste

Robert Milder

Meaden, who invested the £70,000 in the company in return for a 15 per cent stake in the business.

Van De Sant uses recycled materials – including plastic waste reclaimed from the ocean – to create design furniture. In 2017, the company launched an environmentally-friendly furniture range specifically targeting the hospitality, wellness and spa markets.

[More: http://lei.sr/2G4D9_0](http://lei.sr/2G4D9_0)

Spa at Ramside launches 'Eat, Drink, Be Married' menu

The Spa at Ramside, at Ramside Hall Hotel, Golf & Spa in County Durham, UK, has introduced a new packaged targeted at newly-weds.

Called 'Eat, Drink and Be Married', the programme is designed to pamper guests following the stresses and excitement of their wedding day.

Costing £375 per couple, the package includes full use of the spas facilities, as well as a Mud Rasul Ritual for two, 60-minutes of personalised treatment time and the private use of the spa's infinity pool for an hour.

[More: http://lei.sr/e6Z6w_0](http://lei.sr/e6Z6w_0)



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NEW OPENING

Thameside manor resort gets green light

British real estate company SUSD has announced that it has gained planning consent to develop the Grotto Estate – a 3.5-hectare country retreat on the banks of the Thames river in Lower Basildon, UK.

Designed by Paul Forster, the future property, which will expand on a Georgian-era mansion said to have been designed by the renowned landscape architect Capability Brown, will feature 53 rooms and six two-bedroom detached lodges, two of which will be available for purchase.

Leisure and wellness facilities will include tennis courts and bars, as well as a restaurant,

kitchen garden, boathouse, solarium, gym, swimming pool, and two-storey spa.

Speaking on the project, Harry Harris, founder of SUSD, said his team aims to “foster an experience relevant to the location and provide members with everything they need – from rooms, restaurant, bar, gym and spa, to cultural programmes, garden walks and riverside retreats.

“We create destinations to match how people like to live their lives today, in the process revitalising buildings and sites that might not stack up as a standalone hotel or leisure venue.”

[More: http://lei.sr/H8r2G_O](http://lei.sr/H8r2G_O)



■ The new hotel will be built on the grounds of a great house reportedly designed by landscape architect Capability Brown



The design will be relevant to the location

Harry Harris

MERGERS

IHG acquires luxury brand Six Senses in £232m deal



This is an new era for Six Senses

Neil Jacobs

UK-based hotel giant InterContinental Hotels Group (IHG) has acquired wellness resort brand Six Senses from Pegasus Capital Advisors for a reported £232m in cash.

The sale includes the management of 16 Six Senses hotels and resorts, 37 spas, and sister spa management companies Evason and Raison d’Etre. Following the acquisition, Six Senses – founded by British entrepreneur Sonu Shivdasani – is now expected to grow to 60 hotels within the next 10 years.

“This is an exciting new era for Six Senses,” said Six Senses CEO Neil



■ The acquisition includes all of the Six Sense brands

Jacobs. “IHG believes in our purpose to merge the two platforms of wellness and sustainability to promote personal health, and the health of the planet.”

IHG also recently acquired and repositioned Regent Hotels & Resorts.

[More: http://lei.sr/K8d7H_O](http://lei.sr/K8d7H_O)

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TRENDS

WTA outlines five wellness travel trends

Celebrating its first-year anniversary, and following the release of its first survey on Wellness Vacations, the Wellness Tourism Association (WTA) polled its members to find out the top wellness travel trends for 2019. The five trends are:

1. Going Solo: Results of the WTA's recent Wellness Vacation survey in which close to 25 per cent of respondents reported a preference for solo travel.

2. Rise in Newcomers: 60 per cent of WTA Survey respondents indicated that they had never taken a Wellness Vacation as they themselves described, but hoped to do so in the near future

3. Flexibility in length of stay: Members are seeing demand for a wider range of durations for retreats and programmes.

4. Mental Health Matters: There has been an increase in demand from guests for more mindfulness education while on their travels

5. Specific Solutions: Consumers are becoming more aware of the value of a wellness vacation that is planned with a specific goal and carefully researched.

With the burgeoning popularity of wellness travel on a global basis, the Global Wellness Institute predicts the wellness tourism sector will reach US\$1trn by 2020.

[More: http://lei.sr/v7r8z_0](http://lei.sr/v7r8z_0)



■ The Going Solo trend is one highlighted by WTA members



Consumers are becoming more aware of the value of a true Wellness Vacation that is carefully researched and planned with a specific goal

CAMPAIGNS

VisitScotland launches app for Chinese visitors



This is an new era for Six Senses

Neil Jacobs

VisitScotland is looking to tap into one of the fastest growing tourism markets by launching a new app targeting millions of Chinese social media users.

The mini-app divides Scotland into four regions and allows users to browse an initial 200 Scottish businesses which have tailored their products to engage with the Chinese visitor market, for example, by having mandarin translations or mandarin speaking staff.

Since 2011, there has been a 316 per cent increase in visitor numbers from China to Scotland. VisitBritain – the tourism body for the UK – predicts



■ There has been a 316 per cent increase in visitor numbers from China to Scotland since 2011

Chinese visitor numbers across the whole of the UK will rise by almost half over the next five years.

Malcolm Roughead, VisitScotland CEO, said: "We've recognised for some time the tourism potential of China and it is now considered a priority market by VisitScotland."

[More: http://lei.sr/J6F3Y_0](http://lei.sr/J6F3Y_0)

No deal Brexit – 700,000 job losses?

In February, a report was produced by the World Travel and Tourism Council forecasting that, if the UK crashed out of the EU on 29 March, this would result on the loss of 300,000 jobs in the UK tourism industry and a further 400,000 in Europe as a result of fewer UK nationals holidaying overseas.

Certainly, the UK tourism industry would face significant challenges if there was a no-deal Brexit on 29 March, but are these dramatic figures realistic?

Crunching the figures

First of all, let's start by looking at the size of the UK tourism industry, in order to get an understanding of the scale of these figures.

In 2017, the UK earned £22.5bn from inbound tourism. Using £54k as the marginal cost of a job in the tourism industry, this means that there are about 415,000 jobs in the UK supported by inbound tourism.

However, of that £22.5bn, only £10bn is generated by people travelling to the UK from the EU – that equates to 185,000 jobs dependent on inbound tourism from the EU. So, if all inbound tourism from the EU stopped on 29 March, this wouldn't be enough to account for 300,000 job losses.

But presuming that all outbound travel to the EU ceased as well, this would mean that a further 160,000 jobs were lost, making a total of 345,000. So, the figure of 300,000 job losses could be true – although you would have to stop all travel in both directions.

However, if all travel to the EU stopped, where would UK residents go on holiday?

Domestic boost

Some would obviously switch to other overseas destinations – which would preserve some outbound jobs – but the majority would have to stay in the UK.

At the moment UK nationals spend about £34bn when visiting EU destinations, so if travelling to Europe was not an option, then a large percentage of this expenditure could reasonably be expected to be diverted into the domestic tourism industry through staycations. Even if just half was spent in the UK, that £17bn would more than compensate for the £10bn drop in expenditure from visitors from the EU.

Obviously, there are problems with this – EU visitors got to cities in the UK, while UK residents holiday in rural and seaside destinations, so there would be massive structural challenges. But the key factor is that, even under a doomsday scenario, it's hard to see how the UK tourism industry would lose 300,000 jobs. ●



■ Kurt Janson, director,
Tourism Alliance



UK nationals spend about £34bn when visiting EU destinations, so if travelling to Europe was not an option, a large amount of that could be diverted into domestic tourism



■ Inbound tourism is responsible for around 415,000 jobs in the UK

BIG PLANS

Classic car museum designs revealed

British architecture firm Foster + Partners have unveiled plans to design Mullin Automotive Park in the heart of England's picturesque Cotswolds region.

The proposed £150m motoring museum, which – if greenlit – will take shape at Enstone Airfield near Great Tew, will comprise a showroom and a main concourse plus a number of pavilions, lodges, green spaces, and interlinking test-drive roads.

According to the architects, the idea behind the museum is to "capture not just the history of automobiles over the last century, but also be an

open-ended collection that charts the changing face of mobility in the future".

Peter Mullin, the attraction's founder, reiterated this sentiment, saying that the attraction would "tell the powerful story of the automobile and its role in shaping our societies, while also offering a view into the myriad possibilities that the future holds".

Plans for Foster + Partners' proposal were only recently submitted to the West Oxfordshire District Council; the project, however, has been a source of controversy since its early conceptualisation.

[More: http://lei.sr/P7H7g_0](http://lei.sr/P7H7g_0)



■ The museum will be located in the Cotswolds



“
The museum will tell
the powerful story
of the automobile

Peter Mullin

IP ATTRACTIONS

Largest-ever expansion for Harry Potter studio



Many of the original crew members from the original film series have worked on designing and building

Harry Potter fans in London, UK, can experience a new treat from Q2 this year, when the Gringotts Wizarding Bank expansion opens at Warner Bros. Studio Tour London – The Making of Harry Potter.

From 6 April 2019, the permanent addition to the attraction will allow visitors to walk through Gringotts Wizarding Bank's grand banking hall, complete with imposing marble tower pillars, three crystal chandeliers and real brass leaf finishing; goblin tellers' desks will be full of props such as quills, ledgers and piles of Galleons, Sickles and



■ The Gringotts Wizarding Bank expansion at Warner Bros' Harry Potter studio tour opens in April

Knuts. Visitors will discover costumes and prosthetic masks of Bogrod, Griphook and other goblin bankers on their journey through Gringotts.

Many of the original crew members from the film series have worked on designing and building the 16,500sq ft (5,030sq m) expansion.

[More: http://lei.sr/t5U8b_0](http://lei.sr/t5U8b_0)

MUSEUMS

Studio Egret West to produce master plan for Horniman



We see so much potential to expand the nature of the museum

David West

The Horniman Museum and Gardens has selected British architects Studio West Egret (SWE) to develop a master plan to expand its estate.

SWE will lead the design for a number of as-yet-undescribed projects, which – when complete – will help the South London institution work towards its goal of attracting a million visitors a year by 2023.

First founded in Edwardian times, the museum currently boasts a collection of more than 350,000 natural history artefacts.

Speaking on the master plan, David West, founding director of SWE, said:



■ The architects will formally present their proposals to the Horniman's board of directors in July

"Horniman is an institution and we have much personal affiliation and admiration for. We see so much potential to expand the nature and breadth of the draw of the Horniman Museum and Gardens through carefully considered interventions and programmes within a multi-layered landscape."

[More: http://lei.sr/w2P5E_0](http://lei.sr/w2P5E_0)

REDEVELOPMENT

National Portrait Gallery announces £35.5m facelift

The National Portrait Gallery (NPG) in London has released details of its redevelopment plans, which entail a new entrance, new public galleries in the building's East Wing and a new learning space.

Three windows in the current facade turned into doorways, taking pressure off the existing main entrance and allowing for disabled and non-disabled access through one entrance. The current main entrance will also be transformed, allowing for step-free access.

The East Wing, meanwhile, will be reopened



■ New windows in the facade turned into doorways, taking pressure off the existing main entrance



We will put visitor experience at the heart of everything we do

Nick Cullinan

to the public as the Weston Wing. It will be converted into a series of roof-lit galleries on the first floor, while a flexible gallery and social space will be installed on the ground floor.

NPG director Nick Cullinan stated that the project will improve what can be "quite a fragmented experience" and "put the experience of visitors at the heart of everything we do".

[More: http://lei.sr/5K7X6_0](http://lei.sr/5K7X6_0)

UK culture gets £20m investment

Local culture, heritage and creative industries in five parts of the UK are set to benefit from a share of £20m, with funding awarded by the UK Government's Department for Digital, Culture, Media and Sport (DCMS).

The money is being distributed through the Cultural Development Fund (CDF), announced last year in the Creative Industries Sector Deal. It aims to increase access to the arts, heritage and the creative industries while also boosting local economies by attracting more visitors and supporting the growth of new businesses.

[More: http://lei.sr/u7t8z_0](http://lei.sr/u7t8z_0)

Nutrition, fashion and nature

The Global Wellness Summit has released the results of its 2019 wellness trends report – predicting the sector's direction of travel



The Global Wellness Summit (GWS) released its top eight wellness trends for 2019 at a press event in New York last month. The in-depth report is more than 100 pages long and includes new directions deemed to have the most meaningful impact on the US\$4.2tr (£3.2tr) global wellness industry. Trends range from the rise of a 'dying well' movement to 'meditation going plural' and scent playing a more dramatic role in our emotional health.

THE TOP WELLNESS TRENDS

1. Well Fashion – Way Beyond Athleisure

GWS predicts that 2019 will be the pivotal year for change, with a wave of sustainable, ethical, intelligent, healing, more inclusive, and meaningful fashion on the rise, and a more "well" fashion market and mindset ahead.

2. Wellness Takes on Overtourism

Overtourism – when a crush of tourists overwhelms a destination – is the biggest issue in the travel industry today. GWS predicts that wellness tourism will be one key antidote. The majority of wellness resorts are, by nature, in nature (off the crowded, beaten path) and a growing number of national tourism boards are smartly launching initiatives to combat overtourism.

Meditation will evolve from a singular to a plural practice, from a generic concept to understanding specific, unique types



■ GWS sees meditation becoming a 'plural' activity

“ We are entering the age of personalised nutrition, where science, medical testing and tech can identify what foods are right for us ”

3. Meditation Goes Plural

Meditation will evolve from a singular to a plural practice, from a generic concept to understanding specific types and their unique brain impacts, just as this explosive market blooms—like yoga and boutique fitness before it—into many varieties.

4. Prescribing Nature

GWS predicts that doctors and health professionals prescribing 30-minute walks in nature (and other wildlife 'remedies') will become more prevalent.

5. MediScent: Fragrance Gets a Wellness Makeover

The sense of smell is having a wellness renaissance. Once dismissed as the least relevant of the five senses, GWS expects that the neuroscience of scent will become more pervasive in everything we do, and fragrances will be used in ways we would never have dreamed of—both in public and personal spaces.

6. China – Uncovering the Wealth in Wellness

No country will have a bigger impact on the future global wellness economy than China. China's middle class will skyrocket from 430 million today to 780 million by 2025

7. Nutrition Gets Very Personalised

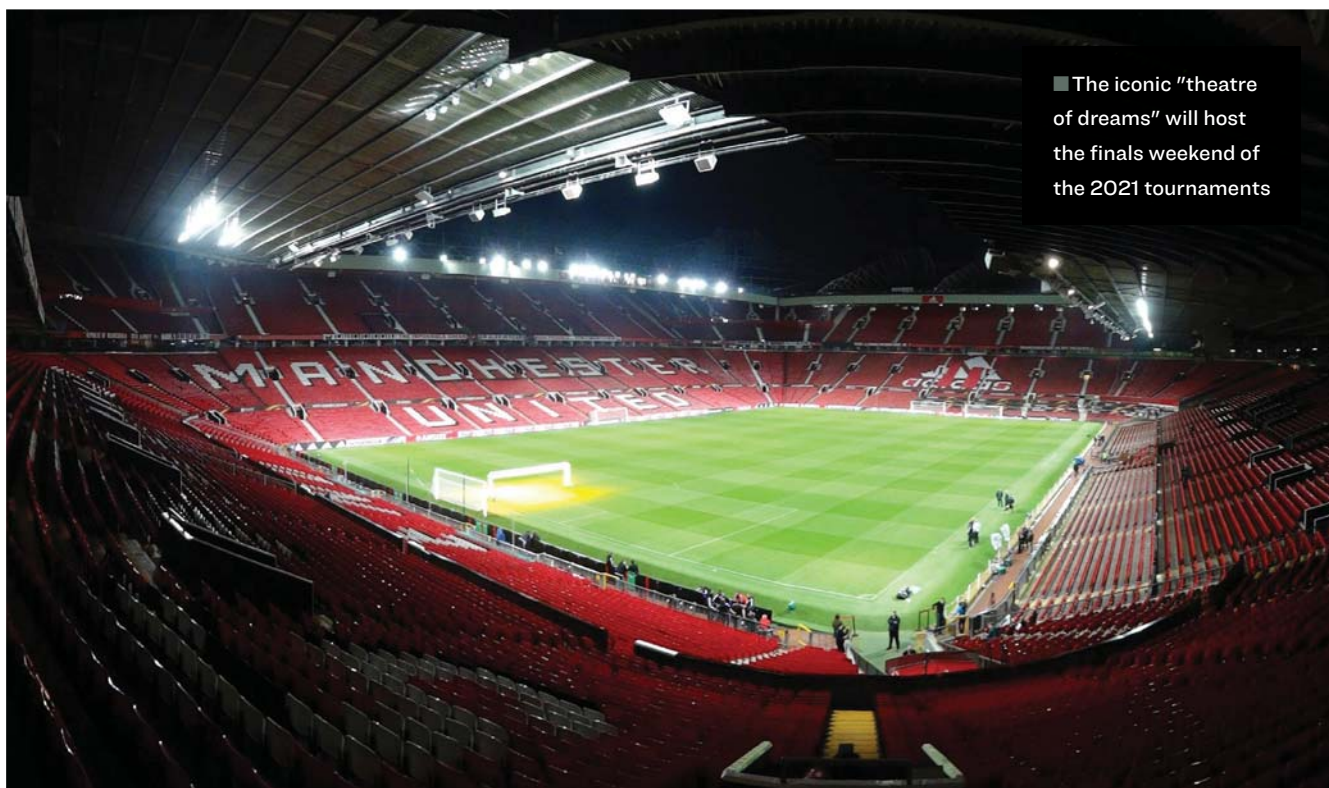
GWS predicts that we are entering the age of personalised nutrition, where science, low-cost medical testing and new technologies identify what foods are right just for us — not only for weight management but, more importantly, to boost overall health and wellbeing.

8. Dying Well

Suddenly a “death positive” movement is here, with everything around death and dying getting rethought through a more “well” lens – from making the dying process more humane to the radical reinvention of the memorial and funeral. ●



■ There is a trend towards personalised nutrition, catering for individual needs



2021 World Cup venues revealed

Man United's Old Trafford Stadium will host the finals day at Rugby League World Cup 2021 – one of 19 venues revealed by the organising committee



■ The ladies and men's competitions will run concurrently

Old Trafford in Manchester will host the "finals day" of the 2021 Rugby League World Cup (RLWC2021).

The home of Manchester United is one of a number of major football stadiums to be used during the tournament, which is being held across England in two years' time. The Emirates Stadium in London will host a men's semi-final, making rugby league the only sport other than football to have been played at the home of Arsenal FC.

The men's opening ceremony will take place at St. James' Park in Newcastle, following four successful seasons as the host of rugby league's Magic Weekend.

Other football stadiums to host games include the Ricoh Arena in Coventry, Bramall Lane in Sheffield and Riverside Stadium in Middlesbrough.

Set to be the most inclusive rugby league event ever, RLWC2021 will see the men's, women's and wheelchair tournaments played concurrently for the first time. *See next page for the full list of game venues/hosts.* ●



■ The event, from 23 October to 27 November 2021, will see a number of historic football stadiums host games

Billed as an inclusive event, RLWC2021 will see the men's, women's and wheelchair competitions played concurrently



The full list of game venues/hosts:

NORTH-WEST

- The University of Bolton Stadium
- Anfield Stadium, Liverpool
- M&S Bank Arena Liverpool
- The Totally Wicked Stadium, St Helens
- Old Trafford, Manchester
- The Halliwell Jones Stadium, Warrington
- Leigh Sports Village, Wigan

WEST MIDLANDS

- The Ricoh Arena, Coventry

YORKSHIRE

- Club Doncaster, Keepmoat Stadium
- The John Smiths Stadium, Kirklees
- The KCOM Stadium, Hull
- Elland Road, Leeds
- Emerald Headingley Stadium, Leeds
- Bramall Lane, Sheffield
- The EIS Sheffield
- The Community Stadium, York

NORTH-EAST

- The Riverside Stadium, Middlesbrough
- St James' Park, Newcastle

CUMBRIA

- The Workington Community Stadium, Allerdale

LONDON

- The Emirates Stadium

“

A reduction in blood flow may seem a little contrary to what you would assume happens after going on an exercise programme

Dr. J Carson Smith



Brain training

A new study has revealed that regular exercise can significantly improve cognitive performance in older adults



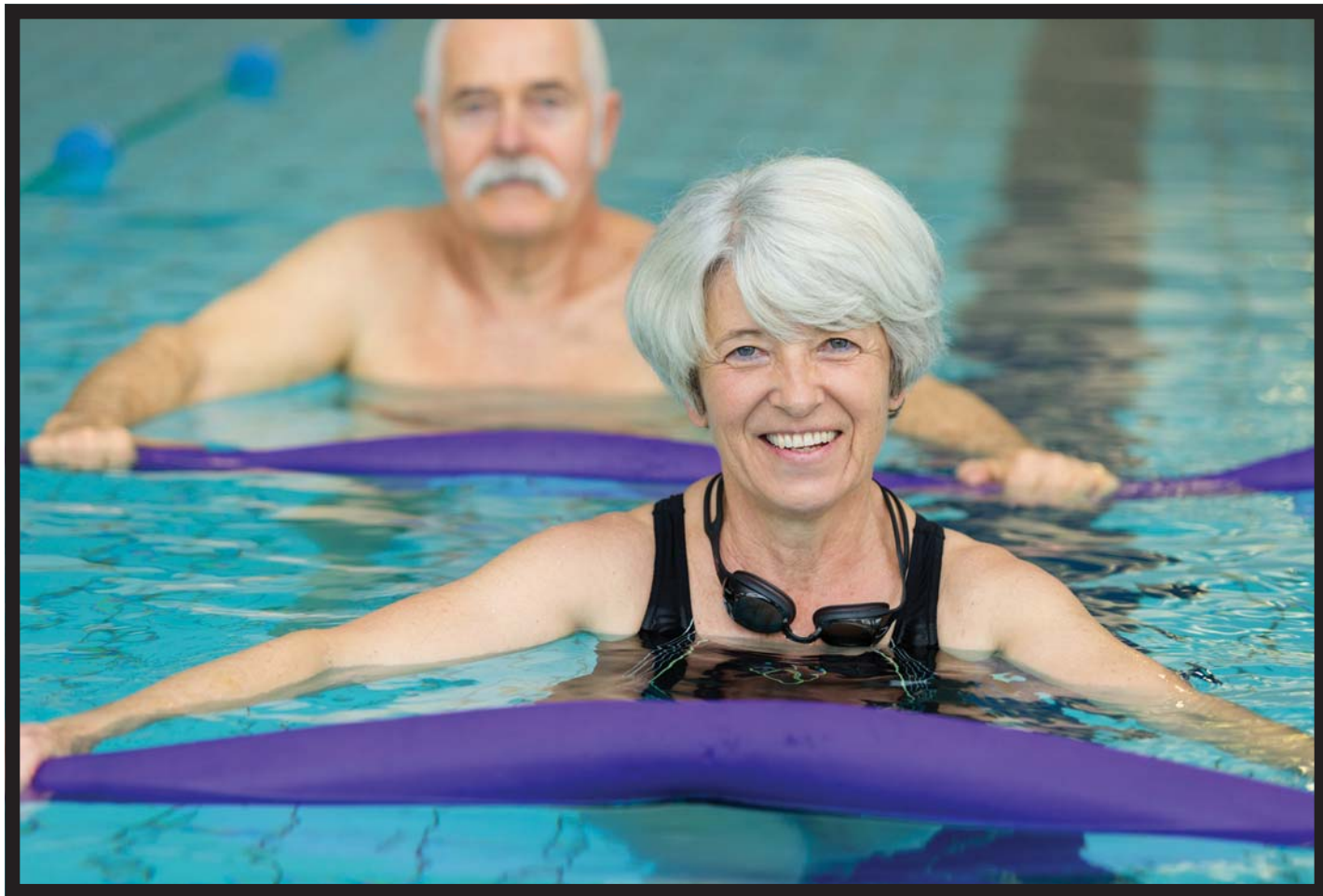
■ The study suggests exercise may have the potential to improve cognitive efficiency in those in the very early stages of Alzheimer's

Exercise alters brain blood flow and improves cognitive performance in older adults, according to research by the University of Maryland School of Public Health (UMD).

The study, published in the *Journal of Alzheimer's Disease*, showed that exercise was associated with improved brain function in a group of adults diagnosed with mild cognitive impairment (MCI).

Perhaps surprisingly, the positive effects of exercise recorded in the study were thanks to a decrease in the blood flow in key brain regions.

“A reduction in blood flow may seem a little contrary to what you would assume happens after going on an exercise programme,” explained Dr. J. Carson Smith, associate professor



“ After 12 weeks of exercise, adults with mild cognitive impairment experienced decreases in blood flow – which is a good thing ”

of UMD’s Department of Kinesiology and one of the report’s authors.

“But after 12-weeks of exercise, adults with MCI experienced decreases in cerebral blood flow. They simultaneously improved significantly in their scores on cognitive tests.”

According to Smith, the effects are down to the effects of MCI.

Those beginning to experience subtle memory loss, the brain is in “crisis mode” and may try to compensate for the inability to function optimally by increasing cerebral blood flow.

While elevated cerebral blood flow is usually considered beneficial to brain function, there is evidence to suggest it may actually be a harbinger of further memory loss in those diagnosed with MCI.

The results of the study by Dr. Smith and his team suggests exercise

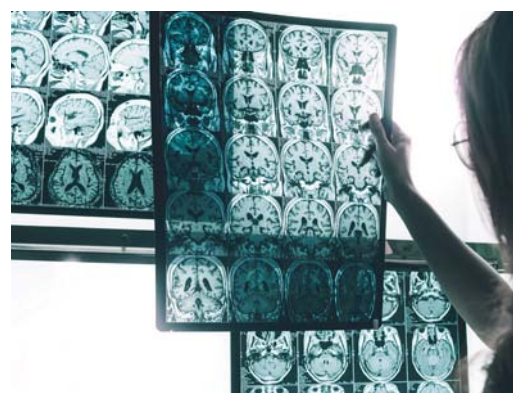
may have the potential to reduce this compensatory blood flow and improve cognitive efficiency in those in the very early stages of Alzheimer’s Disease.

A control group of cognitively healthy older adults without MCI also underwent the exercise training programme, consisting of four 30-minute sessions of moderate-intensity treadmill walking per week.

The programme, however, yielded markedly different responses from each group.

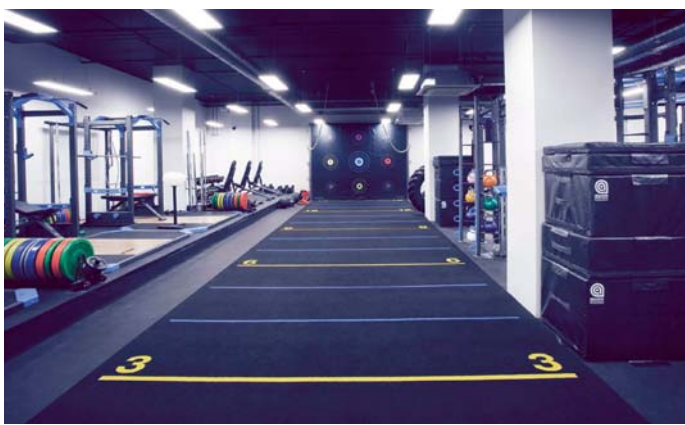
Unlike the group with MCI, whose exercise training decreased cerebral blood flow, the exercise training increased cerebral blood flow in the frontal cortex in the healthy group after 12 weeks.

Their performance on the cognitive tests also significantly improved, as was observed with the MCI group. ●



■ The study found that exercise improved brain function

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to request an application pack.**

**Closing Date for applications: 5pm
on Thursday 28th February 2019**

**Interviews: Thursday 7th and
Monday 11th March 2019.**

01452 396601
WWW.ASPIRETRUST.ORG.UK

aspire
Health & Fitness

REGIONAL EVENTS MANAGER



Location: Enfield, Middlesex / North London

Salary: £40k basic + £10k performance related bonus paid quarterly

Vibrant Partnerships is a dynamic organisation driven by our passion for sport, leisure and entertainment. We truly pride ourselves on delivering exceptional events and experiences – and our values totally underpin everything we do. These values are reflected in the day-to-day activities and behaviour of everyone within our organisation.

The role of Regional Events Manager is an exciting one. We need someone who can assist in the development of our regional events strategy to support the delivery of our visitor destinations. There will be the opportunity to develop our events programme so that we broaden our audience appeal and establish more of our venues as desirable visitor destinations. Could you be the right candidate for this 'eventful' position?

Here's an insight into what the role will involve:

- Project initiation and devising an implementation/business plan
- Leading in the delivery of each event and forming and leading a project team
- Managing delivery to the agreed budget and approved business plan
- Working with the sales and marketing teams to ensure detailed event sales targets are developed
- Sourcing/negotiating/managing supplier relationships and vendors.

A role such as this definitely calls for commitment, dedication, commercial acumen, attention to detail and the ability to coach, train and mentor others. You will need an engaging and professional manner and the ability to communicate with people at all levels – whether in business or with the public.

In terms of key attributes, we will be looking for previous experience of planning, organising and the management of a range of events. A skilled and effective project manager you should be adept at executing forecasting and operating financial systems covering budgets, contracts and orders, and more!

Do you possess the skills, experience and desire to undertake this fabulous role? If so, find out more details and how to apply by visiting the About Us section at www.vibrantpartnerships.co.uk where you can view the job in full and apply online.

Alternatively download an application form and return it to jobs@vibrantpartnerships.co.uk or send to The HR Team, Vibrant Partnerships, Myddelton House, Bulls Cross, Enfield EN2 9HG

No agencies please.

CLOSING DATE: 17 MARCH 2019



WARWICK

THE UNIVERSITY OF WARWICK

Customer Services Manager

Location: Warwick, UK

The University of Warwick is one of the leading Universities in the country, consistently in the top 10 of UK league tables and rapidly climbing the international rankings of world-class universities, recently moving into the top 50 worldwide.

The University is currently investing in excess of £45 million in new sport facilities to include a Sport and Wellness Hub which is due to open in spring 2019. As part of this investment the University also has a vision of becoming "the most physically active campus community in the UK by 2020". Consequently, Warwick Sport is now looking to appoint a Customer Services Manager to assist in the delivery.

As a Customer Services Manager you will work collaboratively the team to develop and deliver an excellent programme in line with the University of Warwick's vision and strategic aims.

This is a fantastic opportunity to deliver in both our existing centre and as we transition into the new Sports Hub which includes :

- ▶ Modern 230 station gym
- ▶ 25m 12-lane swimming pool
- ▶ Over 100 fitness classes
- ▶ Indoor climbing centre
- ▶ Six squash courts
- ▶ Multi-purpose sports halls
- ▶ Outdoor sports pitches
- ▶ Physiotherapy
- ▶ Woodland setting
- ▶ Free on-site parking for customers

CLOSING DATE: 27 FEBRUARY 2019

The University Values Diversity

Apply now: <http://lei.sr/k8V2E>

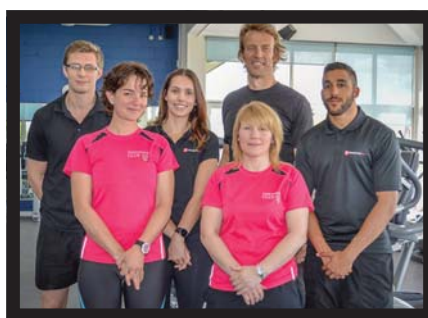




Fitness Instructor

Charterhouse Club, Godalming
Competitive Salary & Benefits Package

We currently have an exciting opportunity for a dynamic individual to join our Fitness Team.



As a Fitness Instructor you will supervise the Health & Fitness facilities to ensure the safety and welfare of all users at all times, giving appropriate guidance and advice to members as and when necessary. You will need to be an inspirational instructor/coach, driven to assist our members achieve their fitness and lifestyle goals, with an holistic approach to health, fitness and wellbeing. You will assist in the daily operation of the Club, providing a friendly, efficient and customer oriented service for all members and visitors to the Club, ensuring the highest standard of customer care at all times.

Charterhouse Club is more than just a health and fitness club. Set in over 200 acres overlooking the beautiful Surrey countryside, Charterhouse Club comprises 25m competition pool, gym, aerobics studio, indoor cycling (spinning) studio, 8-court sports hall, climbing wall, crèche, athletics track, floodlit all-weather pitches and tennis courts, café, and access to a 9-hole golf course, offering an extensive programme for over 2000 members of all ages and over 800 pupils of Charterhouse School (one of the country's leading independent boarding schools).

Benefits & Training

We provide regular, comprehensive training and offer career development opportunities, along with a fantastic package, including full membership of the Club. In return we ask that you are enthusiastic, positive and outgoing but most importantly, have a passion for excellent customer service and a keen eye for detail.

You must hold a minimum of a Level 2 Fitness Instructor qualification. You will be required to hold or achieve a NPLQ or equivalent pool lifeguard qualification, although full training will be provided for the right candidate.

Apply now: <http://lei.sr/u8X2a>

the health
& fitness club
BEDFORD LODGE HOTEL

HEALTH & FITNESS CLUB MANAGER



We are looking for an energetic, outgoing and experienced Fitness professional to manage all aspects of our recently refurbished Health & Fitness Club! You will relish the challenge of leading, motivating and develop the team to anticipate and exceed our guest's and members expectations.

Main Duties and Responsibilities:

- Ensuring that The Health and Fitness Club is immaculate and running efficiently at all times.
- Managing weekly rotas to ensure the Club is staffed appropriately at all times.
- Managing and maintaining the budgets for The Health and Fitness Club.
- Liaising with the Membership Administrator to ensure accurate records are maintained and direct debit runs are carried out in a timely manner
- Ensuring daily water quality test of both the pool and hot tub are carried out and the results recorded.
- Liaise with external contractors to resolve maintenance issues.
- Responsible for the opening & closing of The Health and Fitness Club

To apply please email
jobs@bedfordlodgehotel.co.uk

Apply now: <http://lei.sr/WOM9i>



WE ARE RECRUITING NATIONWIDE

EMPLOYED PERSONAL TRAINERS

Focus on PT Sessions



Excellent commission



Huge membership base



Guaranteed income



Peak timeslots

FREELANCE GROUP EXERCISE INSTRUCTORS

All disciplines



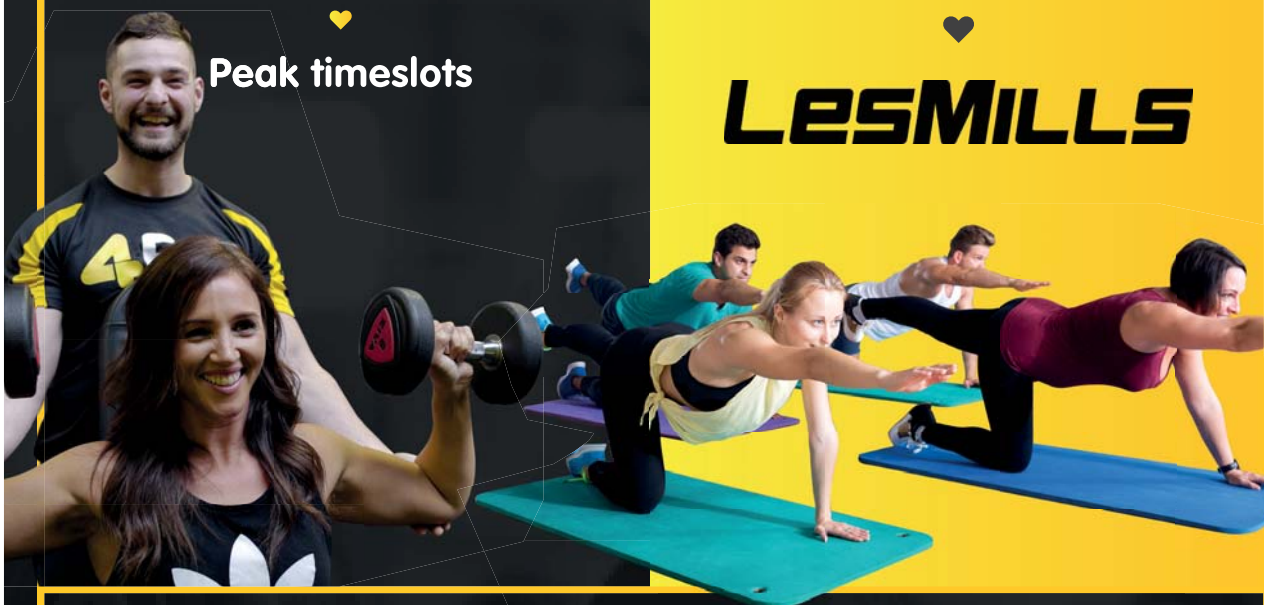
Back to back classes



£20 per hour



LES MILLS



Send your cv and cover letter to
stacey.gould@exercise4less.co.uk



Assistant Centres Manager – Operations

Location: Wythenshawe, Manchester, UK

Salary: £31,448.48 - £33,047.55 per annum dependant upon experience

Hours of work: Full time 35 hours per week, note hours will include some evening and weekend working on a rota basis

This is an exciting opportunity to join our Community Investment ‘Centres’ team at WCHG.

Working across the Centres this role will be responsible for providing a high-quality experience for over 150,000 visitors each year for 3 community centres improving health and wellbeing of Wythenshawe residents.

Other key responsibilities include but are not limited to:

- Increasing the Centres occupancy by working with key partners to develop new initiatives and promote the offer of the centres
- Coordinate the marketing of the centres events and functions
- To lead the business development and event management service across the centres
- Managing the Catering Supervisor and Centres Development Officer to ensure smooth running of functions and events within the centres, and daily community café service
- To continually champion and enhance the customer experience to ensure a quality service offer

This role also has Duty Management responsibilities for the Centres and will work on a 7-day rota. Opening hours range from 8:30am to 10:00pm Monday to Saturday and 9:00am to 5:30pm on a Sunday. With the occasional function evening with licensed hours to 11.00 p.m.

The successful candidate will have experience of managing a team and the ability to manage operational budgets. Ideally, you'll have experience of marketing and/or managing events. The ability to work flexible hours is required.

If you are interested in applying for this position, please click ‘Apply Now’ below.

**The closing date for applications is at 11:59pm Sunday, 24 February 2019
Interviews will take place on Friday, 8 March 2019**

Apply now - <http://lei.sr/1H2A4>



Theme Park Duty Managers & Trainee Managers

📍 Rother Valley,
South Yorkshire

Gulliver's brand new resort at Rother Valley is opening in 2020 which means we need more great leaders as we prepare for a big future. Gulliver's Valley Resort will be our biggest venture to date and we'd love to meet individuals who want to share in our exciting future.

Gulliver's have enjoyed more than 40 years of delivering great value family fun. With resorts in Warrington, Matlock Bath and Milton Keynes. Our resorts include Theme Parks, Splash Zones, Blast Arenas, High Ropes experiences, Dinosaur and Farm Park, plus award winning themed hotels, lodges and camping.

As a high energy, ambitious individual you will be prepared to work hard to gain experience and develop new skills in order to progress. The ability to spend a number of weeks at a time at our resorts in Matlock Bath, Warrington and Milton Keynes during the initial 9 to 12 months is therefore essential. In early 2020, you'll then take on your role at Gulliver's Valley Resort as we make final preparations to launch its grand opening!

Duty Managers

Reporting to the Resort General Manager, you'll take shared duty manager responsibility for the day to day operations across the whole resort while maintaining productivity, profitability and performance of your own specialist areas: These might include Rides and Attractions, Health and Safety, Food and Beverage, Admissions and Retail, Hospitality and Guest Experience, Maintenance and Facilities management.

You'll be a proven leader with experience of managing large teams in a fast-paced operations, leisure or hospitality environment. You'll be used to organising and dealing with guests, be innovative with your ideas and have an infectious enthusiasm that engages and inspires those around you. You'll be hands on, extremely flexible and an excellent communicator.

Trainee Managers

With a hands-on approach and excellent communication skills, you'll be used to organising and dealing with customers, be innovative with your ideas and have an infectious enthusiasm that engages and inspires those around you.

The Trainee Manager programme will be structured over a 12 month period starting in May 2019 and will include:

- A number of placements across different areas of the business.
- First class training programme to develop skills and knowledge.
- Senior level mentor from within the business and access to external development coaches and experts.
- Ownership of bespoke projects which will challenge skills and develop learning.

If you are driven and ambitious and want to be part of a brand new adventure (now dawning on the South Yorkshire horizon) then please apply below stating which role you are applying for.

Candidates MUST send a Covering Letter with their application - otherwise they will not be considered. Closing date 10th March 2019.

To Apply, Email Your CV and Cover Letter to: careers@gulliversfun.co.uk

GROUP TRAVEL TRADE MANAGER



Location: Llantrisant, Pontyclun, UK

Salary: Competitive Salary and Benefits

The Royal Mint Experience, based in Llantrisant south Wales, is the only place in the world where our customers can watch the United Kingdom's coins being made. We offer our customers a unique, world-class experience, including going behind the scenes to follow the journey of a coin, self-guided interactive exhibitions, family events, afternoon teas and corporate events.

Due to continued success, we have a unique opportunity for an experienced Group Travel Trade Manager to join our dynamic management team where you will be responsible for the development and execution of the Royal Mint Experience Sales and Business Development strategy.

Key Responsibilities:

- Create, implement and be accountable for the sales strategy and associated business development activity to drive footfall and revenue to the Royal Mint Experience (TRME).
- Develop long term and sustainable partnerships that positively impact the P&L.
- Work with the management team to develop a complete understanding and profile of potential visitors to TRME within local, UK wide and international markets.
- Manage the activities of the sales team ensuring objectives are clearly outlined and achieved.
- Own the relationships with all local, regional and national tourist organisations in order to maximise awareness of TRME across all home and international markets.
- Manage attendance at consumer and travel trade exhibitions and events.
- Develop and implement commercially robust plans to bring new products and services to market, to be included in sales and marketing plans.
- Develop customer journeys for new products and services and develop action plans to ensure TRME systems and processes support these journeys.

Skills, experience and knowledge:

- You will have a significant and demonstrable track record of developing businesses either in the tourism or visitor attraction industry.
- You will have significant and demonstrable experience of strategic business development planning and implementation.
- You will have experience of relationship management with "influencer" groups, as well as experience of negotiating and managing strategic partnerships.
- Experience of brand positioning and guideline development along with its implementation is also required.

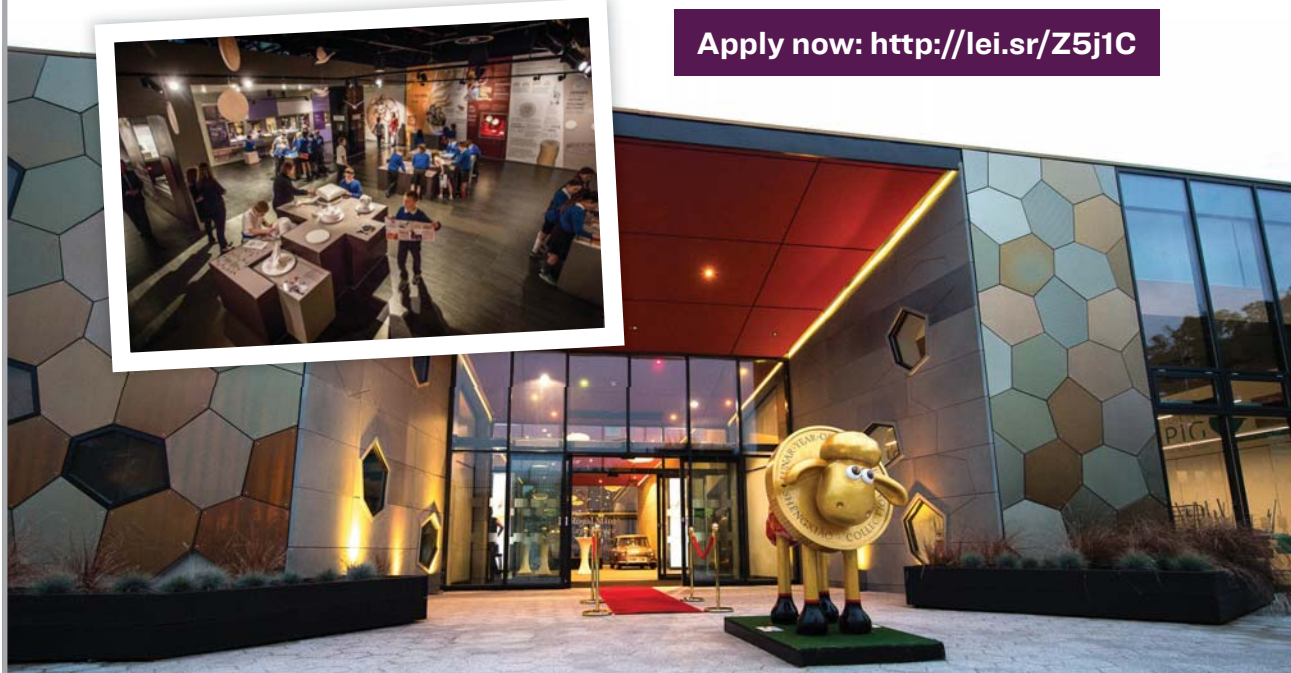
Our benefits include:

20 days' holiday per year; Pension Scheme; Life Assurance; Free onsite car parking; onsite gym and subsidised canteen facilities.

The closing date for all applications is Friday 1st March 2019 at midday.

To apply for this exciting opportunity, please click on the "Apply Now" button below.

Apply now: <http://lei.sr/Z5j1C>



It's **amazing** what you
can find in the forest...



SPA APPOINTMENTS



AQUA SANA

Senior Beauty Therapist

Longleat Forest, Wiltshire

c.£21,200 p.a.
plus commission



Aqua Sana is an award-winning spa offering a combination of experiences, products and treatments. Every spa – one at each Center Parcs location – is uniquely designed, with a minimum of 15 spa experience rooms to explore.

In the winter of 2019, we'll be opening the doors to a fully refurbished Aqua Sana Spa, offering a beautiful environment to work in and a brand new break space for employees. So, if you're a qualified therapist with some supervisory experience and you're looking for a position where nurturing and rewards go hand in hand, then this is it!

As one of our Senior Therapists you'll share your knowledge of beauty, customer service and retail sales with an established team of up to 15 therapists – motivating them to achieve excellence in all they do. It's a fast paced business dedicated to offering guests the very latest in treatments and brands, and helping to successfully roll out these product changes will also form part of your daily remit.

At Center Parcs, we know that our commitment to offering guests the highest standards of care can only be achieved through our employees, so you can expect to receive a diverse range of training opportunities to help you achieve this – from the expected beauty brand updates right through to deaf awareness training, plus much more.

Center Parcs is a fantastic place to work and the benefits are as impressive as they are unique. Here are just a few.

- Staff Bonus Scheme
- Staff Reward Scheme
- Free use of leisure facilities
- Discounted Center Parcs breaks
- 20% discount in restaurant and retail outlets



[@CenterParcsCareers](https://www.facebook.com/CenterParcsCareers) [@CPCareers](https://www.twitter.com/CPCareers)

Interested? Then for more information about Center Parcs and the opportunity to apply, simply send your CV to charlotte.legg@centerparcs.co.uk

URBAN RETREAT



VACANCIES

Doha, Qatar, Competitive Salary and Benefits

Here at Urban Retreat, we are offering an exciting opportunity to work at a brand new luxury Spa and Beauty Salon in Doha!

We are looking for an individual who is hardworking, highly skilled and professional! If you are someone who has real passion for the beauty industry, who would like to be part of the best team in luxury surroundings, and able to provide services of the highest standards then we'd love to hear from you!

Beauty Therapist

Essential key skills:

- Qualified to a CIDESCO, CIBTAC or NVQ Level 3 in Beauty Therapy.
- Previous 3-5 years' experience within a luxury salon or spa environment.
- Fluency in English and excellent communication skills. (Arabic would be a bonus)
- An eye for detail and pride taken in your work
- Excellent time keeping/organisational skills and works well under pressure
- A high level of professionalism and understanding of client confidentiality
- Ability to work independently, and with other employees as part of a team
- Sales-driven with the ability to achieve targets and demonstrable

Senior Colourist/Stylist

Essential key skills:

- Qualified to a NVQ Level 3 in Hairdressing or equivalent.
- Previous 3-5 years' experience within a luxury salon environment.
- Fluency in English and excellent communication skills. (Arabic would be a bonus)
- Experience working with large brands such as L'Oreal
- An eye for detail and pride taken in your work
- Excellent time keeping/organisational skills and works well under pressure
- A high level of professionalism and understanding of client confidentiality
- Physical stamina to stand for long periods of time
- Flexible and prepared to work evenings weekends and national public holidays
- Must adhere to salon standards of exceptional personal grooming, representing the Urban Retreat brand to the highest of standards
- Constantly working towards building a loyal clientele
- Experience in all color techniques, including free hand painting, babylights and Balayage

Key Responsibilities across both roles

- To consistently deliver the highest level of services and treatments to clients
- To assist with demonstrations/ events as required
- Ensuring you have the correct stock levels and to adhere to your treatment schedule.
- Ensure all services are completed to excellent technical standards
- Ensure high levels of service delivery from greeting to departure
- Provide clients with a thorough consultation to understand their needs and expectations, and finish by providing recommended aftercare to fulfill the client's needs
- Working towards set targets/KPI's
- Take ownership of own service column to maximize revenue
- Taking pride in your workspace; ensure cleanliness of your work areas are kept to the highest of standard
- Ensure personal standards and grooming are in line with UR brand standards
- Assist with the training of newly joined team members
- Adapting/Learning new services offered by Urban Retreat

If you feel these qualities apply to you and you have experienced with the required responsibilities, please apply now: <http://lei.sr/J5o9Z>

We are recruiting!

Sport Aberdeen, a UK award winning community leisure trust, is seeking to appoint to the posts of Healthy Communities Manager and Healthy Communities Development Officer. You will join a company committed to improving health outcomes across Aberdeen and within all of its communities.

You will have access to an excellent salary and benefits package, with an ongoing commitment to training and development and the opportunity to take on real responsibility in a supportive and encouraging business environment.

Healthy Communities Manager

Up to £45,000 per annum, for the right candidate

The role:

- Heading the company's programme of community health and wellbeing
- Leading collaborative work within the Community Planning process alongside Aberdeen City Council, Aberdeen City Health & Social Care Partnership and voluntary sector agencies
- Managing a team delivering programmes of work in conjunction with NHS Grampian, Macmillan and a range of local community organisations
- Championing health equality

You will:

- Have a background in community health and project management
- Have experience of performance measurement, data analytics and managing outcomes
- Be an expert multi-tasker, with a track record in working with internal teams, partners and stakeholders, as well as with communities
- Have appropriate formal qualifications and consistent continual professional development

Healthy Communities Development Officer

£31,000 per annum

The role:

- Help identify and co-ordinate programmes that contribute to the community resilience and preventative health agenda of the Aberdeen City Local Outcome Improvement Plan

You will:

- Have a background of working in partnership with other agencies
- Have knowledge of the strategic framework for Health, Wellbeing and Physical Activity
- Be highly motivated with the ability to motivate external partners and internal team members and
- Have appropriate formal qualifications and consistent continual professional development

CLOSING DATE

Friday 1 March 2019
Interviews will be held over
20/21/22 March 2019

TO APPLY

If you would like to apply, please visit our website www.sportaberdeen.co.uk or to find out more please contact Keith Gerrard, Director of Healthy and Active Communities kgerrard@sportaberdeen.co.uk

www.sportaberdeen.co.uk

Creating opportunities, inspiring people and changing lives



sport aberdeen

Charity no SC040973



Full-time

Leisure Operations Assistant

Location: Harlow

Competitive Salary + Full Gold Membership of the Centre + Pension

Are you looking for a career in Leisure? If so, we could have the role for you!

Harlow Leisurezone, which operates as a large state of the art community wet and dry leisure centre, are currently looking to recruit a full-time Operations Assistant to join our team, with the potential for the right candidate to progress to Team Leader and Duty Manager level.

Main Activities of the Job

- Undertake lifeguard duties to ensure a safe and secure environment for visitors and colleagues
- Deliver the highest standard of customer service
- Be aware of daily programme of events and liaise with the duty manager to ensure layouts are completed on time and to health and safety standards
- Assisting with the daily water maintenance requirements
- Carrying out tasks to include cleaning duties and routine maintenance
- Work to ensure health and safety compliance
- To patrol the Centre maintaining good order by the users and assisting with general enquiries by members of the public
- To make regular checks of the premises reporting on defects and breakages to the Duty Manager
- To be trained to work in other areas of the building such as our interactive climbing wall, the gym and other future exciting developments.

If you have a current NPLQ certificate*, can be flexible regarding hours of work, are self-motivated and committed then we would love to hear from you.

** NPLQ training will be given if the right candidate does not possess a current certificate.*

Apply now: <http://lei.sr/x2H7q>





If you think this is a great opportunity for you to follow a career in Teaching Swimming then get in touch now!

- Immediate Start
- Training Provided
- Flexible Hours
- Competitive Rates
- Get in Touch Today

Swimming Teacher

Storrington West Sussex & Upper Beeding, UK

MXT Swimming School are the south specialises in one-to-one swimming lessons. A small family run swim school founded in 2000 provided lessons for children, adults and those with SENs'. We believe that everyone can learn to swim.

MXT are recruiting both qualified and unqualified swimming teachers to join our family run business that can offer flexible hours and invest heavily in our team.

Ideally, you will be outgoing, and confident with great communication and organisational skills. You should have a focus on delivering the best customer experience and have a passion for teaching and swimming.

You should hold a minimum of an STA or Swim England Level 2 Qualification in Swimming Teaching. We are also a STA Approved training centre and regularly run Swimming Teaching Qualifications throughout the year to get you qualified.

On joining MXT you will be welcomed into our swimming family. You will take great pleasure in seeing swimmers develop there skills and knowledge to find their passion for swimming.

For more information and to apply: <http://lei.sr/T2V6T>

mxt
SWIMMING SCHOOL

SWIMMING INSTRUCTORS



**Currently recruiting
for venues in:**

- Central London
- North London
- Hammersmith
- Hampshire
- Heathrow
- Streatham
- Teddington

**Are you a passionate and skilled swimming instructor
with a talent for inspiring all ages to swim?**

Swimming Nature is the UK's largest independent provider of private and bespoke swimming tuition, from babies through to adults with nearly 30 years of experience in the sector.

Following Swimming Nature's award-winning teaching programme, you will help your students progress through each skill level, supported by our unique rewards programme, and technology that's second to none. Working hours will include afternoons Monday to Friday and Saturday and Sunday mornings, although additional hours may be required. Flexibility is advantageous.

Instructor benefits

Alongside the opportunity to work in a progressive, dynamic and rewarding environment, Swimming Nature instructors enjoy a full range of employment benefits, including:

- A secure permanent position in the company
- An ongoing bespoke training programme, continuing professional development and various career pathways leading to join our sector Quality Assurance Programme
- A robust performance-related pay scale ranging from £16 to £21 per hour
- Opportunities to contribute in the media as part of our expert panel
- 28 days annual leave (pro rata)
- Access to a workplace pension and Perk Box benefits
- Annual appraisal and pay review

The essential ingredients

We are looking for teachers who were born to swim, and who are keen to train in the ground-breaking Swimming Nature method. Applicants will need to attend an in-water interview to demonstrate they can swim to a high standard. Other requirements include:

- An ASA Level 2 or an STA Full Swimming Instructor Qualification or the equivalent international qualification
- Exceptional communication skills and experience in a customer-facing/service environment
- A current lifesaving qualification (preferred although we can provide this if necessary)
- Excellent swimming ability with up-to-date knowledge of the sport

Interested?

APPLY NOW <http://lei.sr?a=y8j2S>