

hampton pool trust

Poolside Chat

News from the charity securing the future of Hampton Pool

Join the Trust!

Hampton Pool Trust is a small, independent, not for profit company and educational charity. It is run by **volunteers from the local community** with a vision to maintain Hampton Pool as a safe, welcoming, enjoyable, sustainable and inspirational heated, public open air swimming environment, all year round.

The Trust owns the building and the pool and exists to secure the long term future of the pool for community use. Hampton Pool is managed on behalf of Hampton Pool Trust by YMCA London South West. Both are registered charities.

You, too, can become a member or Trustee of Hampton Pool Trust

Our members are passionate about the facility and how it is run. If you care about the future of the pool then why not become a member of the Trust, or even a Trustee?

Being a member

There are over 100 members of Hampton Pool Trust and they elect the Board of Trustees who are responsible for the general oversight of the running of the pool. As a member, you will be notified of Trust matters and are invited to attend meetings. There are also working teams that you can get involved in that manage aspects of the Trust's work to ensure a sustainable future for the Pool. These include:

- Finance
- Fundraising Summer Picnic Concerts team
- Building development
- Operations review in relation to the management agreement with YMCA LSW
- Hampton Pool Consultative Group
- Marketing, including:
 - road-shows and raising awareness
 - fundraising

The role of a Trustee

HPT Trustees attend Board meetings six times a year to oversee our appointed managing agent's day-to-day operations of the pool and to progress the HPT strategic plan. There are currently 12 serving Trustees, each with their own experience that provides a broad skill-set to the Board.

Interested?

If you are passionate about Hampton Pool and would like to join the team aiming to make it an inspiration for the popularity of sustainable, open air swimming, and the good management of a local community facility, then please contact the Trust by email at info@hamptonpooltrust.org.uk

Hampton Pool Trust
Registered in England No 1870925,
limited by guarantee. Charity No 294117



Exciting plans to evolve the pool

Hampton Pool Trust (HPT) has worked tirelessly to first save and then continually evolve Hampton Pool. In 1995 the Trust frustratingly gained planning permission to update and extend the facilities considerably however could not secure the right level of funding to realise the dream.

Roll on ten years and the Trust completed urgently needed improvements such as relining the tank and creating a small fitness studio. Whilst it wasn't by any stretch the full plan dreamt of in 1995, it ensured the survival of Hampton Pool as the community asset that we all enjoy today.

An enormously generous £100,000 donation from the Dowler family in 2011 renewed the Trust's energy to realise the 1995 plan. To that end numerous consultations and communication between 2011-2016 ensure the plans are what the community wants:

- Put swimming back into the heart of the facility – by taking the gym and fitness studio out of the existing

- building the size of the changing rooms can be increased significantly
- Critically the existing iconic building will be retained but refurbished
- Lift installed to provide access for all to the roof top café overlooking Bushy Park.
- New gym and fitness studios
- New filtration plant and variable speed pumps.
- Car park surface replaced with environmentally friendly materials.

Delivery of the plans requires expert help so award winning architect Will Wimshurst of Wimshurst Pelleriti and Mechanical & Electrical experts Max Fordham have been appointed.



The shared joy of Hampton Pool

In March, even though I'm only 54, I decided to finally act on the advice of the very best medical experts around, namely fellow arthritis sufferers at the pool, and have a hip replacement. It seems to have gone well so far, and I appreciate all the good wishes.

The bonus is that I have had some time off work and been able to use the pool at different times of the day as part of my recovery. As a result, I had time to contemplate the important questions in life such as: "Have I worked out enough to deserve one of Dabbie's Full Monty breakfasts?" or, "How many times does a swim teacher repeat "Bubbles! Bubbles!" during a swimming lesson?"

More importantly, having become a gym user, I have realised that the gym attracts a diverse bunch of users to the pool facilities. I had assumed that the gym was mainly used by body builders to 'pump serious iron', but in fact there is a range of users from the young 13-15 club users, to the circuit trainers, to the octogenarian swim coach who swims and gyms on most days. The gym definitely seems to have its own set of devoted athletes, just as the pool does.

I've also observed the enthusiasm of the spinners, the inner calm of the yogis and the downright delight of the aqua aerobics class. There seems to be a connection between the individuals in each of these groups that fosters a wider sense of community and, I like to think, increases a sense of wellbeing in more ways than physical health.

Hampton Pool is definitely more about

swimming in the open air than being a 'me too' fitness club, but it is also about fostering communities amongst our customers to give Hampton Pool its unique, friendly feel. This is important to remember as we plan improvements. So I hope that you have noticed the concept display boards in the foyer and will take the time to give us your feedback on those concepts. The views of different people are very important in helping us ensure we keep Hampton Pool as relevant as possible to lots of different users in the future.

AGM report

The Annual General Meeting of Hampton Pool Trust was held in March. This is always a lively affair, and we had some passionate discussions about three resolutions submitted by members. The secret ballot that followed each resolution meant that there were more opportunities for members of the Trust to socialise, discuss the future of the pool and consume more of the refreshments than usual. It is all part of the community involvement, and I was especially pleased to see some new members attending the AGM for the first time. I would really like to see more people enquiring about the Trust and possibly becoming members.

Have a great summer. 📍

Swimming news

Make the most of your swim this summer

Top tips from Simon Griffiths of Teddington Masters Swimming Club who train at Hampton Pool

We all swim for different reasons. For many of us it is the love of being outside at Hampton Pool in its unique setting. For others it may be to keep fit or even train for a major swimming challenge.

Whatever your reasons for using the pool, if you want to become a stronger swimmer (being able to swim further and faster) then here are a few tips to help you make the most of your time in the water.

📍 **Set a goal** – there's nothing like the thought of a race or an open water challenge to motivate you.

📍 **Search YouTube** for videos on swimming technique - improving technique will help you swim more efficiently. Alternatively (or additionally), get some tuition from a coach.

📍 **Plan each swimming session in advance.** Set a goal – e.g. number of lengths to swim, technique points to practice and include a warm-up and cool-down.

📍 **Make your swimming progressive** – increase the distance you swim over time or aim to swim the same distance faster.

📍 **Outside of the pool, stretch regularly** and consider doing a regular strength and conditioning routine.

📍 **Find some friends to swim with.**

📍 **Try to eat healthily** but don't worry too much about indulging in the odd piece of cake in the Sun Deck Café after a hard swim.

If you want to take your swimming more seriously you could also consider joining a masters swimming club. Teddington Swimming Club Masters swim four times each week at Hampton Pool and have additional training sessions at other pools in the area. Swimmers of all ages over 18 and all abilities are welcome. Find out more at www.teddingtonsc.co.uk/masters or come along for a free trial session. 📍

Dik swims the Atlantic

And talking of setting yourself a goal, regular morning swimmer Dik Leatherdale (below right) completed the equivalent distance of crossing the Atlantic on Friday 17 June.

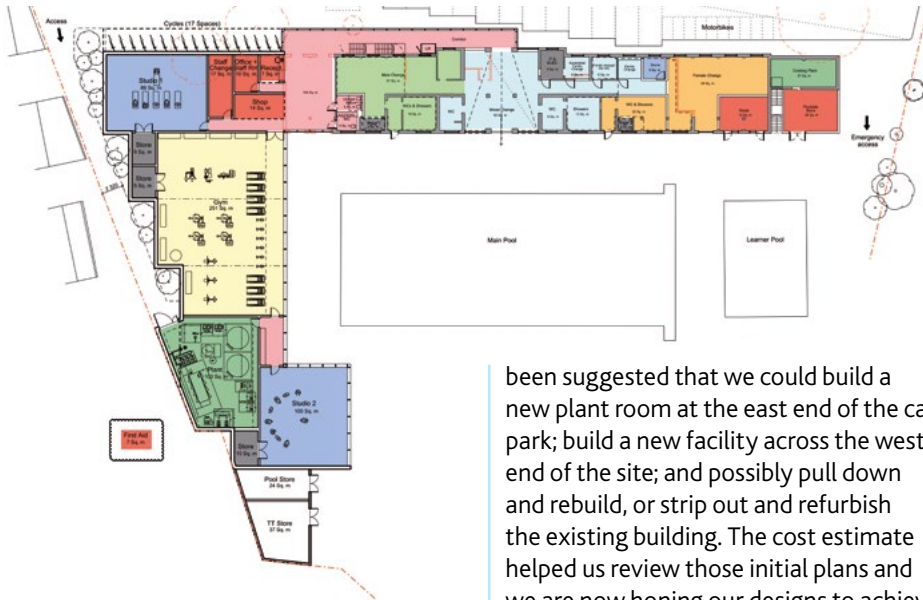


He set off from 'Southampton' on 24 April 2002 and has been recording his daily swimming distance ever since. He has been encouraged along most of the 3,431 miles by his swimming chums Carol Leamy (above left) and John Hauxwell. We 'raised a glass' on Friday morning to congratulate him and to remember John, who sadly died last week, just missing seeing Dik complete his marathon journey. 📍



Pool plan update

If you haven't managed to come to one of the many consultations or study the concept boards around the Pool this article by **Grahame Hadden**, the Trust's technical director, may help!



Plans, like many things in life, evolve. Hampton Pool started out as a summer only 25 yard, cold water pool in 1922. It has evolved over the last 90 years initially to a 40 yard cold water pool with pumps and filters in 1939; widened and with a new (current) building for changing rooms in 1960; heated in 1985; a gym was created in the 1990s; the pool tank was rebuilt in 2004; and the building refurbished in 2006 with the creation of a small studio for classes.

Staying alive

These dryside facilities, created out of our underutilised changing rooms, have helped keep Hampton Pool viable by extending the use of the facility. Our management contractors YMCA LSW have done a superb job in creating and promoting an exciting and very successful range of exercise and fitness classes. Swimming numbers have steadily increased year-on-year putting more pressure on the changing facilities and it is clear that we need to evolve while maintaining the ethos of Hampton Pool.

It is good that all board members are regular swimmers and some are classes and gym users. Therefore we know that any changes will affect us.

Fine tuning

Looking back at the winter edition of *Poolside Chat*, our plans have even evolved since my last article. At that point it had

been suggested that we could build a new plant room at the east end of the car park; build a new facility across the west end of the site; and possibly pull down and rebuild, or strip out and refurbish the existing building. The cost estimate helped us review those initial plans and we are now honing our designs to achieve a design that fits our expected funding. The basic strategy is to expand the current plant room (with new energy-efficient equipment installed over the winter months) but leave it in the same area and build a new facility at the western end. In the current building we want to move the reception to where the studio area is now; maintaining and refurbishing the separate ladies and gents changing areas whilst also creating a changing village between them with larger family changing cubicles.

A clear view

We will create a larger gym to current recognised standards and two larger studios for classes and spinning.

As a regular café user, I am only too aware of the joys of eating breakfast or enjoying a cup of coffee after a circuit class on the roof terrace in the sun. I am also well aware that not all days at Hampton Pool are sunny and it really isn't so much fun sitting outside on a cold and blustery wet day with the newspaper blowing away! We feel, therefore, that it would be great to offer some covered, sheltered, indoor café area, which could be opened up on good days and provide a pleasant environment on poor days. We are also keen to maintain the open viewing terrace as it is so important for school galas and the general overview of the pool side that we know that so many people enjoy. Any roof development will also include a lift for inclusive access. ♿

Please come and join us for the summer concerts!

As *Poolside Chat* goes to press, four of the six concerts are sold out, reports **Tim Lawes**, Concerts Producer and Director of HPT

With ticket sales stronger than this time last year we could be heading for another total sell out. As we write this in June there are still have some tickets left for **The Zombies** with **The Pretty Things** and for **Nik Kershaw** and **Ruby Turner**.



This will be **The Zombies** second appearance at the Pool. I've seen them several times over the years and their last sell-out performance at the Pool was the best that I've seen. Colin Blunstone's voice is still extraordinary, in part a result of his sheer professionalism and the amount of time he invests in vocal exercises before each performance. He and Rod Argent, Jim, Steve and Tom really enjoyed performing for us in Hampton. In the meantime, they've been touring to great acclaim, winning awards and have just released a well-received new album *Still Got That Hunger*.

This will be **The Pretty Things** first appearance at the Pool. I see them regularly as I love the music they perform and the way they perform it. They also released a very well-received album last year. Phil May on vocals and the excellent Dick Taylor on guitar lead an excellent band.

All in all, it should be a great evening and I'm really looking forward to it.

Honoured guests

We also have some tickets left for **Nik Kershaw** and **Ruby Turner OBE**. Both Nik and Ruby have been on our short list of artists that we would like to present for some years now. Nik is a great songwriter and a fine performer and Ruby is a wonderful singer, so when we finally got the chance to present them both, we thought that it was a great opportunity to provide another fine evening's entertainment. Ruby has just been awarded an OBE in the Queen's Birthday Honours list for services to music. Join me there as it should be yet another really good evening.

The Summer Picnic Concerts are a core fundraising activity to help ensure the future of the Pool and make a significant contribution towards funding our current development programme.

The team of volunteers that put together the concerts have been working on them for months. Other volunteers will join them to run the bar and along with the Pool team staff the concerts, which gives the events a very special, relaxed, friendly atmosphere. This, coupled with the wonderful artists and our beautiful, intimate environment, make for some very special evenings. If you've yet to enjoy a concert, do come along and join us! ♿


We're thriving in the sunshine (and don't mind the rain, either!)

The Poolside Swim and BBQ club is now in full swing with its 2016 season from April to September. We have been pleased to see lots of new members this year including individuals, couples and young families that take us almost to capacity whilst still maintaining a uncrowded environment.

We enjoy our four exclusive club swimming sessions early Saturday, early Sunday, Tuesday evenings and Sunday evenings. After the two evening sessions there is an opportunity for club members to cook their own food on the barbecue and chat together. We also have swimming and barbecue sessions on bank holiday Monday evenings.

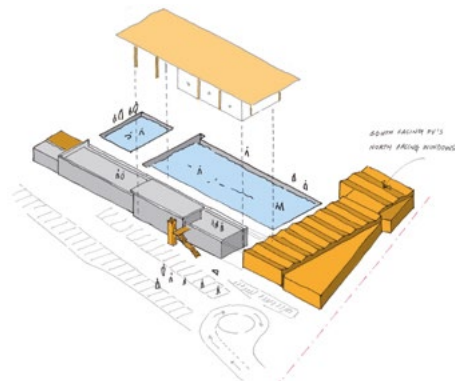
Many club members have been involved with the pool for over 30 years since its re-opening and indeed were key in getting the pool re-opened after it was closed as a local authority pool. So our club is the repository of a lot of shared history of the development of the pool to where it is now and it is lovely to have younger members to whom we can pass on our passion for outdoor swimming. We hope they will get as much satisfaction out of our heated outdoor swimming pool set in its own open grounds as we all have.

If you want to know more about our club please check the Pool website or brochure, or ask at the pool reception.

Club Conundrum – have you rested at the shallow end or swum on your back and noticed how the bunting has weathered at the shallow end? Does anyone have a scientific explanation for why the white bunting shows much more damage than the red and blue ones. Answers on a virtual post card please! 

Lead story – continued from front page

Exciting plans to evolve the pool




The plans have been to pre-application with meetings scheduled with members, near neighbours, the Royal Parks, LBRuT and the general public.

The overall plan will cost £5m however as full funding is not yet secured it has been planned in three discrete stages. The first delivers the basic upgrade to both the pool users' areas, gym and café facilities; the second includes improvements to plant equipment that will further improve sustainability; and the third will unite the old building to the new and provide shelter over the sun deck. The Trust is not willing

to take on large loans and so if funding can't be secured the Trust will deliver just the first (£2.5m) and second phase (additional £1m), both eligible for possible grants.

If you would like to be involved in this exciting community and safeguard the pool for the future, Hampton Pool Trust is looking for help both financial and from interested individuals who have skills and ideas that could be useful for fundraising activities.

If you love Hampton Pool and would like to help to realise the dream you can make an online donation through My Donate on the Hampton Pool website or contact the Trust's acting Chair mark.james@hamptonpooltrust.org.uk. 




YMCA London South West supporting people with disabilities

YMCA LSW launched an exciting new project called 'Inclusive Lives' which is aimed at creating more opportunities for people with disabilities in the Kingston and Richmond area, including Hampton Pool. The project was launched in August 2015 after the YMCA LSW was awarded £300,000 from the Big Lottery Fund. Through easier access, the project hopes to increase activity, education and employment opportunities for people living with a disability. We have had 'Inclusive Lives' classes available at




Hampton Pool for six months as a result of the grant funding.

Please look out for summer work-life balance and meditation workshops. For more information please visit www.ymcalsw.org/inclusive-lives. Look out as well for more classes at Hampton Pool in the near future.

Simon and his team are busy getting the Pool ready for the busy summer we hope to see. If you have any suggestions that you feel could help the Pool staff, please contact manager Simon or one of the other duty managers. Have a great summer and hope to see you at Hampton Pool. 

HPT Roadshows

Chestnut Sunday, Bushy Park

It was a real pleasure to see so many familiar and new faces at the Bushy Park Annual Chestnut Sunday parade, which attracted huge crowds on a glorious May day. As at many local community events, Hampton Pool had a stall to raise awareness of the facilities and ethos of the pool. At this time of year it is also a great opportunity to highlight the Summer Picnic Concerts programme. This year a competition was run to design a swim hat, which was a huge hit with the younger visitors. Congratulations to Lily Porter for her winning Octopus design! 



Write to **Kate Thomson**, HPT Trustee and editor of Poolside Chat by email: kate.thomson@hamptonpooltrust.org.uk or by letter to Hampton Pool Trust, Hampton Pool, High Street, Hampton, Middlesex, TW12 2ST. Design by William Redfern Graphic Design www.williamredfern.co.uk