

hampton pool trust

Poolside Chat

The newsletter from the charity securing the future of Hampton Pool

Winter Issue 2024



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It's a Marathon not a Sprint!

A new Operator for Hampton Pool and latest on the building project!

Chair's welcome by Andrew Gill



I am pleased to have good news to share about the appointment of the new operator for Hampton Pool and a successful grant application for the building project! We've still a way to go to secure the full funding and we're hoping that with your help we can get there!

Following a procurement process which started in May 2024, we are delighted to have found a suitable partner to take over as pool operator. We are currently in the final stages of negotiating the contract so more news soon. Our thanks to YMCA St Paul's Group who have operated Hampton Pool for 17 years. Our new partner, also a charity will take on the contract from June 2025.

Our priority is to achieve the smooth transfer of the team based at the pool and to ensure that pool use is not disrupted during the handover. We are delighted to be working with a partner ready and willing to support the ethos of the pool, with objectives closely aligned with our own, supporting use by all, extending pool use for health and wellbeing, and implementing measures for environmental sustainability.

Meanwhile we are clearing the final hurdles to commence building work and we were delighted to receive recent news that we have been awarded a £150,000 grant to support the development by the Garfield Weston Foundation. More details about progress with our plans in this issue.

Get on board

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

Our vision is to secure the future of Hampton Pool as a safe, sustainable, open-air environment for warm-water swimming and related activities to be enjoyed year-round by the community and to support health and wellbeing.

Hampton Pool is managed on behalf of Hampton Pool Trust by YMCA St Paul's Group. Both are registered charities. Members of Hampton Pool Trust care deeply about the facility and how it is run.

For more information about the Trust visit hamptonpooltrust.org.uk

The HPT Board of Trustees are:

Andrew Gill – Chair
Roger Gray – Finance Director
Mark Sherwin – Company Secretary
Nigel Brown
Mark Doyle
Grahame Hadden
Roxanne Glaud
Stuart Leamy
Jill Livesey
Jane Savidge
Katie Sullivan
Daphne Wharton
Michael White

Contact the Trust Secretary at the address below if you would like to become a member – or even a Trustee!

With the Trust AGM scheduled for 13 January it's a good time to join and get involved.

Current vacancy – Fundraising and Outreach Champion

We are seeking an additional Board member to strengthen fundraising and community outreach capacity.

If you have professional skills and experience which relate to this area of work and would like to help, contact the Secretary at:

Secretary@hamptonpooltrust.org.uk

Have a story to share?

Let us know by contacting: info@hamptonpooltrust.org.uk

Follow [hamptonpooltrust](https://www.facebook.com/hamptonpooltrust) on Facebook, X and Instagram

Building Development – The Count Down continues!

As Trustees of Hampton Pool, we must assure ourselves that when we give a green light to start building works, we have sufficient financial resources confirmed and in place to complete the first stage of construction.

As the clock ticks towards the end of the planning permission window, we continue to face obstacles which we must overcome to keep the project on track, not least the continuing rise in construction costs and changes in strategy of potential grant giving organisations.

Hampton Pool Trust holds a license to occupy Crown Land in Bushy Park issued by The Royal Parks. This means that we do not have the interest in the land required to provide security required by many funders. This, together with changes in funder strategy has made what was already an uphill battle even more challenging.

As readers of the summer issue of *Poolside Chat* will know, in order to manage the project to match available resources, Phase One of the building development was divided into four stages;

1. Phase 1A Enabling works including Substation and Entrance
2. Phase 1B Roof with solar panels Café/Community space and Lift
3. Phase 1C Studio & Staff Office
4. Phase 1D Reception. Family Change and Changing Rooms

Our plan was to complete Phases 1A and 1B by spring 2025; however, the complexity of matching funding to stages and the need to ensure we have sufficient resource for effective stand-alone completion has led to some rethinking of the 1A 1B timescale. The critical first step is to achieve the material start by February 2025.



This will be followed by a pause for further fundraising through the summer with the aim of commencing 1B in autumn 2025. This pause also enables our new pool operator to get involved and support this significant period of change to the building.

As readers will recall, the elements prioritised are all critical to delivery of the strategic objectives of the full development, to ensure that the refurbished building is accessible, sustainable and future-proofed, extending our ability to deliver health and wellbeing objectives for the future.

The initial 1A enabling stage will involve gate widening for pedestrians and an in-out entrance provided for vehicles, facilitating access for contractors and deliveries alongside improving the flow of traffic and access for all. The new electricity substation will future proof the pool plant supply and ground works will put in place some of the essential preliminaries to speed up 1B when we move on to the next stage of work.

The pause following 1A also means that we have time for a full competitive tender for the main works alongside revisiting some elements of the design to simplify construction without compromising the overall look, feel and footprint.

Making a difference at Hampton Pool: we need your help

We were delighted to hear in November that we had been awarded a grant of £150,000 by The Garfield Weston Foundation towards the cost of the building work.

The grant recognises the difference Hampton Pool makes to people's lives and that improving the pool building will ensure we continue to provide facilities and services to the community in the decades to come.

Our thanks to Aquafit and other pool users who provided content explaining the positive impact of Hampton Pool on their health and wellbeing following our call for help. I am sure these real experiences contributed to our success.

We continue to seek funding, submitting further grant applications but we will not raise the full £3.1 million required without your help.

Donate using the link below:

Please consider making a donation or launching a fundraiser to support the future of the pool



JustGiving allows us to collect the Gift Aid on your donation. 100% of your donation will be used for much needed improvements to the pool building and facilities.

Raise funds when you shop

Christmas shopping online? Booking a holiday? Raise funds while you shop by signing up with *Easyfundraising*. and select Hampton Pool Trust as your nominated charity. It's easy and won't cost you a penny extra.

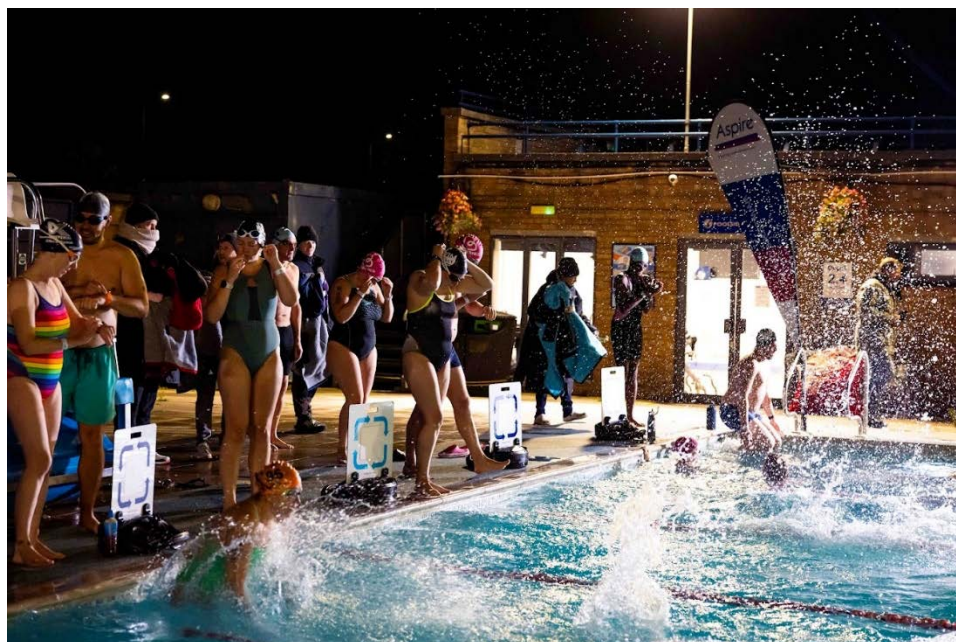


Ryan Piere/Getty Images

We would love to hear your fundraising ideas to help Hampton Pool.

Please get in touch if you would like to help with fundraising and outreach, or you have ideas to share by contacting: jane.savidge@hamptonpooltrust.org.uk

Be Active, Happy and Healthy at Hampton Pool



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At a time of crisis for health and social care when a national conversation has started about the future of the NHS, Hampton Pool's support for health and wellbeing is central to Trust strategy.

Our focus is on preventing common health conditions and supporting recovery and rehabilitation. The development of our building will allow us to engage with our community partners to extend the activities and support available at the pool.

Hampton Pool offers a wealth of opportunities to have fun, get active and stay healthy, in addition to a plethora of swim and gym options, we offer many popular classes, including the amazing Pilates described in this issue and the ever-popular Aquafit. Swimming lessons and water safety courses are available for all and a multiplicity of swim clubs and groups train at the pool. We have something to help everyone get moving!

Hampton Pool is a referral site for GPs seeking to prescribe swimming as a health intervention or as rehabilitation for patients and we have been piloting a new referral route with RUILS, the Richmond-based charity helping people with disabilities and long-term health conditions.

We get amazing feedback about the difference the pool makes to people's lives.

*"Don't know where I would be without this amazing pool and superb staff!
Please help it continue for ever! It's changed my life."*

"As a parent of an anxious autistic child, we find so many everyday things incredibly challenging and I was not prepared for how easy you have all made his access to swimming."

We were delighted to host **Mental Health Swims UK**, an award-winning, mental health peer support community who are using Hampton Pool for their swim meets. For further details and dates visit <https://www.mentalhealthswims.co.uk/>

Alongside this we support other charities, hosting community health and wellbeing events and fundraising. 'Swim the Night' took place at the pool recently, raising funds for Aspire, the spinal injuries charity.

The positive impact of Hampton Pool on health is measured using attendance and survey data, swimmer stories and case studies. We evaluate savings to the NHS connected with levels of activity at the pool preventing common health conditions, such as diabetes, back pain, and a reduction in GP/physio visits. This gives us a social impact score in the top quartile of organisations submitting data to Sport England.

Hampton Pool Summer Picnic Concerts

Hampton Pool's most important annual fundraiser, the Summer Picnic Concerts went well despite poor weather, raising £80,000 towards our building fund.



Photograph by Paul Campbell

This is thanks to our many volunteers who plan and run the events and the support from the staff and lifeguards at the pool.

As usual we had a wide range of performers, with Tony Hadley, Kid Creole & the Coconuts, Rumours of Fleetwood Mac and the Bootleg Beatles.

Five events sold out completely with the remaining concert recovering well following cancellation by the headliner two weeks before the event due to ill health.

Poor weather affected attendance on the first night, but this didn't stop those attending in heavy rain joining in with the final song of the evening, 'Mr Blue Sky'!



Photograph by Jane Savidge



Petra's Pilates

Pilates is one of the most popular forms of health and wellness exercise in the UK, we spoke to Hampton Pool instructor, **Petra Paulinyova** to understand a little more about the exercise and the classes held at Hampton Pool.



Petra's class. Reproduced with permission

Petra has been part of the Hampton Pool team for 12 years. Her career has progressed from Lifeguard, STA L2 qualified swim teacher, circuits, cardio, and spin, and she recently qualified as a Pilates instructor. Petra, please can you tell us why you chose to take up teaching Pilates.

"I enjoy and am passionate about all the sessions I teach at Hampton Pool, but I was starting to develop back injuries and was curious to understand if Pilates could help me.

Pilates is a group exercise or can be taught one-to-one. The exercise explores several movements, floor exercise using mats, body weights, rings, and balls.

The focus and benefit of Pilates is to connect body and mind. The great thing to know is the class format covers such a variety of movement and it is never boring.

The exercise not only supports the body physically, but during the class we explore correct breathing patterns. It can help widen your ribcage, posture, balance, flexibility, co-ordination, stress levels, help decompress, reduce injury, joint stability, muscle pain, strengthen hips and shoulders, respiratory circulation and pelvic health. You can see how this exercise really contributes to mental and physical health.

Who should consider taking up Pilates? Everyone! And the earlier the better. The young benefit from flexibility and learning about posture. The elderly will benefit from balance.

The classes are very popular so you will need to book early. I love the community atmosphere that we have created in our classes at Hampton Pool, and I am grateful for the support I have been given to develop as an instructor over the years as a member of the Hampton Pool team. I look forward to seeing you at Pilates very soon!"

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YMCA

Other ways you can help

Here are some other ways you can support the much-needed development of Hampton Pool.

Thank you to all our supporters over the years. Your giving and volunteering makes a huge difference.

1. Join us for a swim, gym session or a fitness class

The pool is a friendly and welcoming place for all, no matter your level of swimming ability or fitness. In addition to swimming and water-based classes such as Aquafit, a wide range of fitness classes are on offer, as well as our gym and poolside activities. You can even swim on Christmas Day.

Join us on a regular basis and you will be supporting not only your health but also the future of Hampton Pool

2. Support our local fundraising



Join us for **Christmas Carols** at Hampton Pool on Wednesday 11 December from 7.00pm and look out for the Hampton Pool Trust stall at Christmas Fairs locally.

3. Where there's a will...

Over the years Hampton Pool Trust has been fortunate to receive occasional legacies from passionate supporters of the pool. Leaving a gift to Hampton Pool Trust in your will supports the future of the pool for generations to come. Some initial guidance can be found here:

rememberacharity.org.uk/making-a-will/

