

SENIOR MEMBER FORUM MEETING
Tuesday 1st April 2025 at 11am in the Art Studio

Forum: Marc Newey, David Blackburn, Sarah Owens, Anne Wilkinson, Patricia Jamal, Jane Peel, Penny Egan and Cheng Yoe

In attendance: Simon Baker, Stuart Reeks, Ricky Alexis, Helen Bolt and Carolyn Ward (Minutes)

Apologies: Richard Storer, Debora Drago, Dan Lott and Matt Fidler

1. Welcome

Marc welcomed the Forum; apologies were noted.

2. Review Minutes from the meeting held 22nd May 2024 and 11th Dec 2024.

Both set of minutes were approved.

3. Fitness for the over 65s in Roehampton Club

This agenda item featured in the updates from the different sporting sections.

4. Health Club

RA distributed a handout on the benefits of training over 60s and why it is important to keep active.

RA informed the Forum that when you are 30+ your muscle mass begins to naturally decrease and this will increase 3% - 5% per decade, which can accelerate after 60. The impact of this is decreased strength, decreased mobility and increased risk of falls and fractures.

RA advised that what strength training can offer is increased strength, enhanced balance and coordination to reduce the fall risk, improved bone density, if you do fall, less chance of breaking bones. Exercise will improve high blood pressure, improved metabolism and improved sleep quality.

It was noted that strength training will also improve cognitive function, thinking and learning. It can also reduce depression and anxiety symptoms. Strength training will also improve your quality of life, physical function, independence and overall well-being.

The Health Club are looking at ways on how you can reduce muscle mass and have devised different weight training and exercise classes.

Weight Training

Regularly attending the gym – you can book an induction and programme which can be quite daunting, so they are looking at doing group inductions.

1-2-1 Personal Training – this does come at a cost.

Learn to Lift Class – They are looking to run a class specifically for over 65s with Sophia which will be a mixed class for a six-week period either Wednesday 3pm – 3.45pm or Thursday 11am – 11.45am.

SMF agreed that the class should be pitched at age 65 as the Forum felt that most members between the age of 60 – 65 would still be working and therefore a daytime class would not work.

DB asked if it would be possible to send comms to targeted groups and it was confirmed by HB that she could do this and email those members who were 65+.

RA confirmed that due to the equipment they need to use that there would only be 6 people per class so potentially they would only have 12 people per week attending for the six-week period. This class would be an unpaid class.

MN was worried that members would not always turn up to class and thought the class numbers were quite low for a long period of time and wanted to increase the amount of people who could be trained in lifting weights.

RA confirmed that perhaps they could offer a short programme where they focused more on Dumb bell lifting rather than bar bell lifting.

Action APR25/01: RA to review Learn to Lift Class to see if they can implement something that would be 1 hour long for a three-week period.

Action APR25/02: RA to ask Sophia to train Gary so a third Learn to Lift Class could be implemented if required.

Exercise Classes

It was noted that on offer are:

- Forever Fit – which is a movement-based class.
- Pilates – they are also considering introducing Chair Pilates. They have 2 – 3 instructors who could run this course, they are just looking at space.
- Aqua – low impact on the body.
- Tai Chi – for mobility and movement.
- Hydro Spin & Hydro Circuits
- Hiit/Circuits/Bootcamp/Bodyump

Action APR25/03: MN asked for SMF to give priority days and times for Chair Pilates to Ricky via email so this can be set up and sent out in a targeted form.

DB asked the question on how many members at the Club were 60+ and would be bothered to go to the gym.

It was noted that approximately 20% of membership were 60+ and they were looking for ways to advertise and encourage members to participate in activities.

JP thought that some people were put off attending classes by the class name and didn't want to necessarily change the class name but instead asked if a better explanation could be given so elder members new that the class was suitable for them.

Action APR25/04: RA to change class explanations, make them more descriptive and advertise that they are suitable for all ages.

HB confirmed that she can segment the comms by age and target that group with emails.

MN advised the Forum that they have 3600 adult members who receive the Recorder, and they know when people get it and open it.

MN suggested that a top ten email is produced specifically for the over 65s.

Action APR25/05: HB to produce a top ten email for over 65s that is fitness and activity based.

SR gave an update on what water activities were available for the over 65s.

Aqua – this is available everyday through to Saturday. For H&S reasons they are limited to only 12 members on the Saturday, but capacity is increased in the weekday which is 18 people. This class does need to be booked in advance.

Hydrospin – they run 5 classes per week, some bikes only and some with bikes and treadmill in the outdoor pool.

It was noted that on a Thursday they had moved the class to the indoor pool for a couple of months but there was no uptake.

The Forum discussed if the Thursday class should come inside for the winter months but left outdoors in the summer.

Action APR25/06: JP to canvass feedback on the Hydrospin class to see if senior members would prefer this being held in the indoor or outside pool.

SR informed the Forum that they have on offer Rehab Hydro which is booked on a 1-2-1 basis and suitable for those members who have either mobility issues or people who have had a hip replacement or recent surgery. They have already a couple of people who use this facility, but the Forum didn't think that this had been widely advertised.

Action APR25/07: Rehab Hydro to be readvertised and linked up with PSM so they can also promote.

AW mentioned that she had received a complaint about the adult only swim being cancelled.

SB informed the Forum that the Adult only swim 1 hour session had been removed in the December and February half-term as a trial as families had wanted to bring in children with them over the lunchtime period.

It was noted that Adults do not like swimming with Junior swimmers even though they may be very competent, and they have tried in the past having fast and slow lanes that didn't work.

It was agreed that the Health Club Committee should make any final decisions on whether there should be an adult only swim lane for 1 hour in half-term.

The outdoor pool temperature was discussed and MN advised that the Environmental Committee had asked for this to be lowered by 2 degrees to 27 degrees, but they have brought it back to 28 degrees.

5. Food and Beverage/Social Events

DD informed the Forum that the Club Café is the only facility open in the Clubhouse whilst the refurbishment is taking place. The Club is quite busy and receiving good feedback. In May they will launch new dishes, they are trying to use less processed food. They trialled a Roast Sandwich offering at the Sunday Calvery last week and looking to launch this when they reopen.

6. Racquets Update

MN talked through some key points from Dan's report.

- Walking tennis sessions in the Summer for players that cannot run or jump.
- Good feedback was received for the Thursday Ladies Morning where they are roll up sessions rather than booked sessions. This has boosted numbers and added different playing demographics to the sessions.
- Paul Lindsay has taken on Pickleball and 2 weekly sessions have been added which are run at the Bank of England.
- Knock out competitions will now be available for women aged 50 and 60.

7. Golf Update

SB informed the Forum that the Golf Committee were asked to consider having Blue Tees, but the Committee felt it was not the right time to do so. David has however ensured that carries will be no longer than 100 yards. At the recent Ladies Stableford, they were allowed to tee off from a different place and this was well received.

IGC

It was noted that Ricky has done a lot of education on the Trackman technology which has been well received with members of all ages but specifically the seniors.

MN explained to the Forum that he had a meeting with the Golf Practice Group which was very positive.

MN stated that when they dug down in January, they knew they had a high-water table, and the Project Manager has been working with a contractor on designing how an underground room would be waterproofed. The design was finalised at the end of February and been incorporated in tender documents where contractors will need to give a 12-year warranty.

MN informed the Forum that there was a Board meeting last week where they were joined by the Golf Chair and the Golf Captains, and this was a positive meeting again. They are focusing on option A (2-tier) when they go out to tender. The Board have agreed that if those tenders do not come in at the price they want to be that there is an option B (1-tier).

It was noted that the Tenders will go out mid-April and they will be given 7 weeks to come back (mid-June). An update will then be given to golf members and once feedback is received they will get Board approval and look to start works in the Autumn with the IGC being open November 2026.

The Board have asked for the Golf Committee to lead on this project.

MN confirmed that the budget for the IGC and practice ground project is £4.3M.

8. Games Update

Matt's report was distributed to the Forum prior to the meeting for their review and MN read out some key points.

MN commented that MF was a good successor for Louis and explained that he had been promoted, and they had a new Golf & Games Asst called Ollie who would be supporting Matt.

MN asked for members to sign up for the Chess Simul event on Sunday 11th May where Chess Master and Roehampton Member, Daniel Rotman will be playing 24 chess matches simultaneously.

MN informed the Forum that the Snooker room was being painted in readiness for the Stephen Hendry filming event on the 10th April. Stephen has also agreed to do an exhibition match here later on in the year.

It was noted that there is a Bridge for new players Tuesday evenings.

9. Masterplan 2035 Update

Bar & Function Rooms

MN informed the Forum that things have been delayed, and they will not receive the carpet until the 9th May. The Bar will be ready by 6th May and this can be opened without the carpet.

They changed the lighting design in January, therefore consequently there is a delay to the function rooms which are due to be finished by 23rd May. There is a Magic Calvery booked in the diary for 25th May so this will be the first event taking place.

Bar should be ready by 3rd May but needs to be stocked up over the BH weekend so they anticipate it being open 6th May.

Terrace Extension

Wandsworth delayed planning for 3 months due to biodiversity.

The delay has caused an issue with the fire exits in the bar and they are looking at installing temporary stairs. Terrace will be open mid-July.

Bridge Room

The Club has been using the Bridge room at weekends as an overflow bar. They will start the refurbishment of the Bridge room from 27th May and will be out of action for approximately three weeks.

Garden Room Bar

The Garden room bar needs to be finished off as they need to change the doors.

MN informed the Forum that they are slightly over budget because they changed the design, but the Board are generally happy with this and on target. Service has carried on and people are still spending their money.

Marquee

MN advised that they have decided to have a Marquee onsite as they have a couple of functions that were booked in and this will be in place from 1st May and kept for a month, with the first event being a small wedding on the 3rd May. The marquee is also being used for section events, one of them being the Photo Exhibition.

JP asked if the Piazza trailer will be open again and Debora advised that unfortunately this was not operational anymore and equipment had been taken out and used elsewhere.

It was noted that the Piazza trailer was unpopular, and revenue was low.

SB suggested that the poolside bar could be opened if nice weather.

Action APR25/08: MN to consider if a temporary coffee machine should be installed for the six-week period that the terrace will be shut.

JP asked if the Club had been affected by the NI increase, and it was noted that the Club had budgeted for that.

F&B team were thanked for all their efforts.

Padel & Pickleball

MN advised that the third project would be the new Padel and Pickleball courts, but this is a trickier project as they are looking for planning permission.

10. Marketing Update / 125 Committee Celebrations – Summer 2026

MN explained that the Board have agreed with the 125 Committee to allocate monies for each section for them to spend £5k to put on activities between April – June 2026 which will be a combination of internal events and inviting other Clubs.

There are looking to go ahead with a Gala Dinner, weekend of 25/26th June and will put a big marquee on Courts 25 – 28 which will hold approximately 650 people with a ticket price of circa £175 per head.

Any Tennis events will be moved beforehand.

11. AOB

CY asked if the Club recycled our Tennis balls properly.

It was noted that there is a big container at Reception and are donated to Charity. JP advised that Schools also take them.

Action APR25/09: Recycling of Tennis Balls to be advertised.

CY asked where the locations were for the Water Fountains.

MN explained where they all were and stated that it was filtered water that was free.

Action APR25/10: MN to show CY where the Water Fountains are at the Club.

JP said that the feedback from people is that they adore the Club, they love it and think staff are wonderful. JP asked if they still do anything for schools.

MN advised that they still doing things with Rackets Cubed and they have Paddock School coming into Swim.

PE didn't think members were aware of how much the Club does.

MN advised that Wandsworth have strong conditions when asking for planning permissions for new facilities and always ask what the Club will be giving back to the community.

Currently they allow the Paddock School to use the sports hall and swimming pool facilities for 1 hour per week. They are linked up with the Golf Trust and will start promoting that.

JP suggested Chess lessons be given for schools which could be held in the Art Studio. JP thought that this was taught in school after clubs.

Another suggestion put forward were Art Classes for School children which could be facilitated by members.

JP thought it would be good to ask Seniors to go into schools and tell them what jobs they used to do. MN commented that the Senior Leadership Team do something similar, and he would speak to Susan regarding this initiative.

Action APR25/11: MN to speak to Susan Barton to see if it would be possible for Senior members to visit schools and speak about the jobs they used to do.

DD advised that there was an upcoming Wine Tour event where members would be picked up by coach and taken back to the Club afterwards.

It was noted that AW and PE are in the process of setting up a Club Foundation.

Action APR25/12: Club Foundation details to be shared with the Forum once this has been established.

12. Date of Next meeting

It was noted that the next meeting is scheduled 31st July 2025.

The meeting closed at 12.55pm.

ACTION SUMMARY

NO.	ACTION	BY
APR25/01	RA to review Learn to Lift Class to see if they can implement something that would be 1 hour long for a three-week period.	RA
APR25/02	RA to ask Sophia to train Gary so a third Learn to Lift Class could be implemented if required.	RA
APR25/03	MN asked for SMF to give priority days and times for Chair Pilates to Ricky via email so this can be set up and sent out in a targeted form.	MN
APR25/04	RA to change class explanations, make them more descriptive and advertise that they are suitable for all ages.	RA
APR25/05	HB to produce a top ten email for over 65s that is fitness and activity based.	HB
APR25/06	JP to canvass feedback on the Hydrospin class to see if senior members would prefer this being held in the indoor or outside pool.	JP
APR25/07	Rehab Hydro to be readvertised and linked up with PSM so they can also promote.	HB
APR25/08	MN to consider if a temporary coffee machine should be installed for the six-week period that the terrace will be shut.	MN
APR25/09	Recycling of Tennis Balls to be advertised.	HB
APR25/10	MN to show CY where the Water Fountains are at the Club.	MN
APR25/11	MN to speak to Susan Barton to see if it would be possible for Senior members to visit schools and speak about the jobs they used to do.	MN
APR25/12	Club Foundation details to be shared with the Forum once this has been established.	AW/PE