

Parkwood

The magazine for Parkwood employees, clients and shareholders

News

Parkwood Holdings plc
Taking care of tomorrow

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Autumn 2011

THE PRINCESS ROYAL MAKES A SPECIAL VISIT TO THE WINTER GARDENS

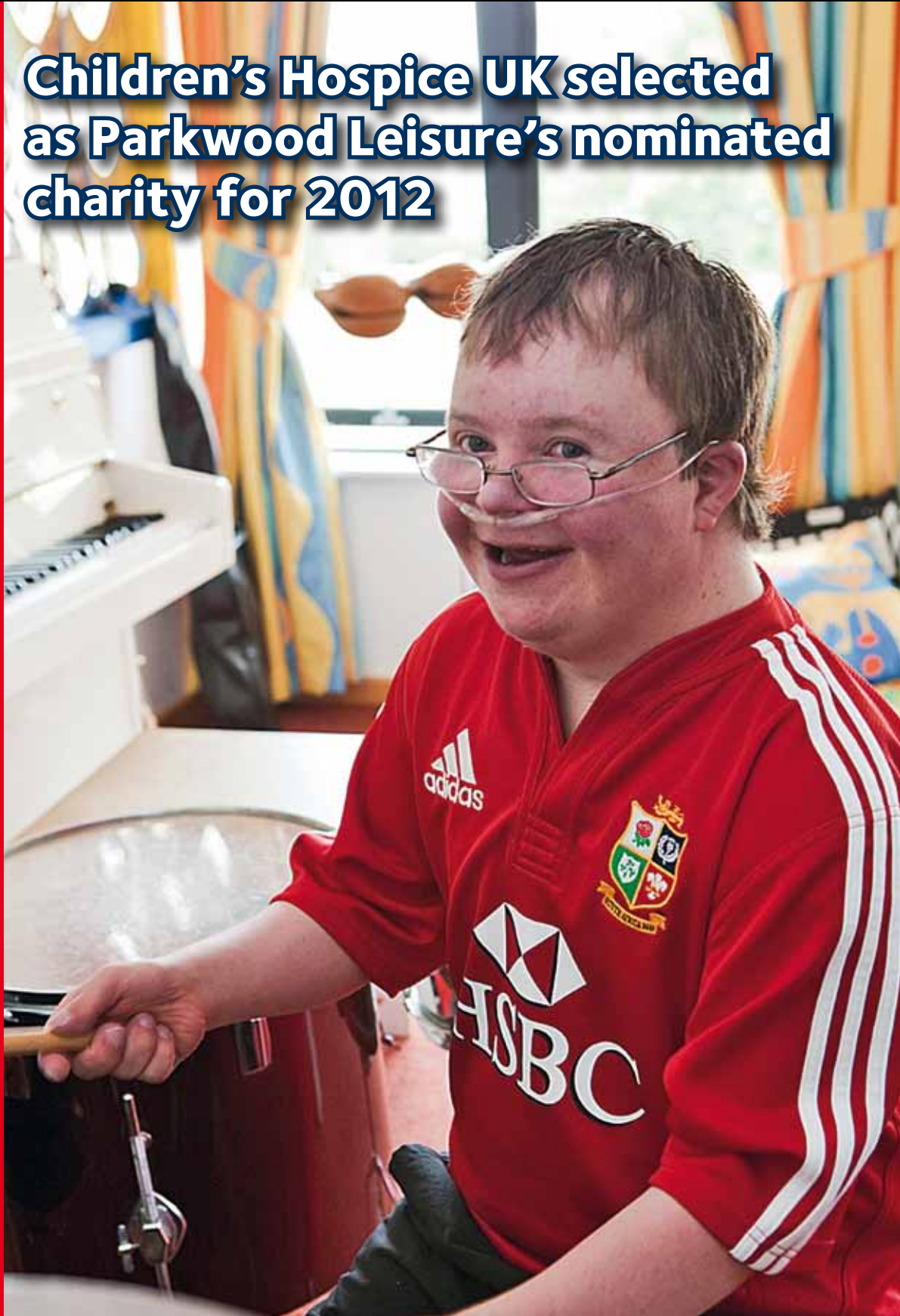
GREEN FLAG SUCCESS FOR GLENDALE

CHEERLEADING IS LAUNCHED AT PARKWOOD LEISURE

GLENDALE TAKES HOME GOLD AT THE SOUTHPORT FLOWER SHOW

A NEW HEALTH TRAINER SERVICE IS LAUNCHED AT PARKWOOD HEALTHCARE

Children's Hospice UK selected as Parkwood Leisure's nominated charity for 2012



Welcome...

...to the autumn edition of the Parkwood News. Most of our operational teams were glad to see the end of yet another wet and windy summer, although the Glendale grounds management business has performed particularly well despite these conditions. As we move into October, it is noticeable that the business development teams in each division are preparing a large number of tender bids for consideration.

The first three months of the year saw all of the Parkwood businesses trading in line with budget. However, since April it has been noticeable that the economic downturn in the UK has started to have an effect on the disposable revenue of our customers, particularly affecting the Glendale Golf and Parkwood Leisure companies.

Fortunately the majority of the Group's business is secured by contracts with public sector bodies and therefore the reduction in consumer spending will have a lesser effect on our profits compared to many other UK companies. It is the strength of this guaranteed stream of revenue that gives our business the security it requires whilst we weather the economic storm.

Due to the continuing emergence of charitable trusts in the leisure management sector and the aggressive pricing by smaller competitors in the green sector, it has been difficult to win large contracts. By continu-

ally focusing on providing excellent service at our existing contracts, we are often able to negotiate new business with the clients we know and work with every day. The South East region of Glendale was recently awarded a new five year term by the Phoenix Housing Trust, starting in October 2011 and Parkwood Leisure was awarded an eight year extension by Southend on Sea District Council, taking this contract forward to December 2022. Additionally Parkwood Healthcare was awarded a three year Health Trainer contract with Buckinghamshire PCT, which will start on 1st October 2011.

On 15th June 2011, Parkwood Holdings plc once again became a privately owned company as the Group cancelled the listing of its shares on the London Stock Exchange. Significant savings will be made as a result of this change and any acquisitions or disposals will be far easier to complete. Our clients, customers and staff will not be affected by this delisting.

On 1st January 2012, I will have the privilege of taking over the role of Group Chief Executive from Tony Hewitt, who will continue in the role of Executive Chairman. Tony and I have worked together for seventeen years as the Group has grown from a turnover of £11m in 1994 to its current level of around £120m, now employing over 6,000 members of staff. A new Managing Director



for Parkwood Leisure will be appointed in the New Year.

I am also pleased to announce that Andy Corcoran has been appointed to the position of Managing Director of Glendale Managed Services. Andy joined the Group in 2007 as Parkwood Leisure's Operations Director and has the right combination of management experience and personal drive to take the Glendale division forward into its next stage of profitable growth.

I am looking forward to working with this new senior management team to ensure that the Parkwood Group continues to be successful during a period that will be characterised by economic uncertainty. I am confident that the Group's highly skilled workforce and management teams will meet all challenges put before us in a positive fashion.

Andrew G Holt
Executive Director



Parkwood Leisure and Children's Hospices UK

By Maria Harrison

Parkwood Leisure is proud to announce that Children's Hospices UK is their nominated charity for 2012.

Parkwood Leisure operates 85 leisure facilities around the country and its staff and customers are always keen and generous in supporting a local fundraiser. Children's Hospices UK is the national charity that gives voice and support to all local children's hospice services. Therefore local efforts will make a huge difference and this can be duplicated nationally through all Parkwood Leisure centres.

In May 2011, many Parkwood Leisure facilities supported 'Super Hero Week'. Each participating leisure centre raised

money for their local hospice through a centrally co-ordinated campaign. In 2010 a team of 11 from head office, completed the 'Three Peak Challenge'.

Maria Harrison, Marketing and Sales Manager at Parkwood Leisure head office explains "Parkwood Leisure is committed to combining our efforts in supporting the Children's Hospices UK, we want to successfully raise funds, awareness and community spirit, and have a lot of fun doing so".

Children's hospice services offer a lifeline to seriously ill children and young people and their families, helping ordinary people in extraordinary circumstances to cope with the challenges of daily life. They provide a range of flexible, practical and

free support at home and in the hospice to the entire family, often over many years and at any stage of the child's illness. Children's Hospices UK is the national charity that supports all children's hospice services by raising funds to ensure they are sustainable; campaigning and lobbying governments to ensure their voice is heard; helping their care staff to continue to be at the cutting edge of children's hospice care and making everyone aware of their vital work.

Julian Hall, Director of Fundraising for Children's Hospices UK, said: "We are delighted to be Parkwood's nominated charity. Their support enables children's hospice services to continue to help children and young people who are not expected to reach



adulthood and their families deal with the emotional and physical challenges they face and make the most of life."

For more information visit: www.childhospice.org.uk

Joe Guyatt | Marketing Assistant for Parkwood Leisure

Interview by Joanna Hill

You joined Parkwood Leisure back in February, what influenced your decision to move to the team?

Due to my educational background, marketing experience and a love for sport it would have been silly for me to not apply for the post. This is going to sound extremely cheesy, but it was the 'perfect job' at the 'perfect time'.

Could you describe what you were involved in before joining the Parkwood Leisure marketing team? (Previous employment, education, etc)

I received a 2:1 BSc in Marketing Management from Oxford Brookes University, Graduating in June, 2010. This included a double honours marketing dissertation which achieved a solid 2:1, the title of this was - "How Worcester Rugby Football Club could use marketing initiatives to increase their consumer generated match day revenue" - the markers of the work advised that the findings were sent directly to the club.

During and after my degree I gained experience, through voluntary placement, at Draft FCB (London), Holy Cow Food Company (London), Montpellier Marketing (Cheltenham) and JJ Marketing (Oxford). I also

acted as an independent market researcher for a local care home. This included conducting a piece of customer satisfaction research; the findings were used to improve the quality of care provided at the home. The above experience and research was completed over various periods of time.

Whilst gaining the above experience, I worked at an Organic Food / Farm Shop - mainly at weekends / all other available times in order to get some much needed cash! The role included everything from balancing the till and managing the stock, to plucking chickens, assembling electric fences and driving 4X4's over the fields picking up whatever had been harvested that day.

Was the move to the Parkwood Leisure team an easy one to make?

Yes, due to a couple of things really. I started as an interim and instantly bonded with the rest of the team - this helped. I also possess a large amount of enthusiasm for both marketing and sport, and as Head Office is a commutable distance from home, it made the choice a 'no brainer'.

There is also a gym, and space to kick a football around at lunch, which is a definite bonus and ensures that I am revitalised and refreshed for work come the afternoon.

In fact, I'm struggling to think of a reason

for why I would not have joined really (cheesy again, I know...).

Could you describe the work you undertake for the Marketing team at Parkwood Leisure?

Amongst many things..... As Marketing Assistant I create a selection of our campaigns, conduct various pieces of research, manage the core stationery orders, and manage our websites. Also, when called upon, I will compile the weekly Sales, Sway and Web reports.

What would you consider to be the most challenging aspects of the role with Parkwood Leisure?

A challenge is to ensure a national campaign will 'fit' and benefit each centre, as there are such variations in the business!

What are your aspirations for the future within Parkwood Leisure?

To keep learning, gaining experience and self progressing. This mixed with the hard work that I put in everyday, should mean that I progress within the company and gain a promotion (or three) along the way!



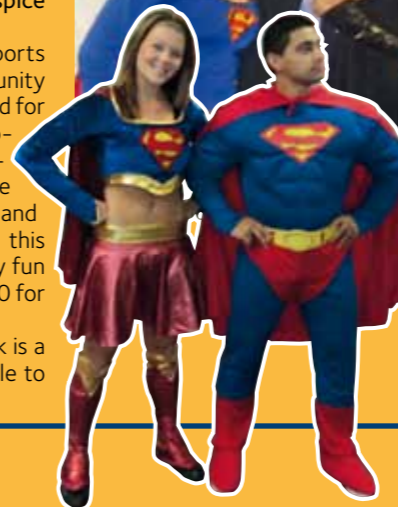
Super Hero Week for Children's Hospice at Wycombe Sports Centre

By Maria Harrison

On Friday 20th May Wycombe Sports Centre staff dressed up as their favourite superheroes to fundraise for Children's Hospices UK. The hero inspired day is part of Children's Hospice Week (14-21 May), the UK's only awareness and fundraising week for children's hospice services.

Staff from Wycombe Sports Centre, a Parkwood Community Leisure Centre, also arranged for a raffle with free prizes donated from local businesses. Andy Goddard, Centre Manager, said "The staff and customers really embraced this event, everyone had a really fun day and we raised over £200 for a fantastic cause."

"Children's Hospice Week is a great opportunity for people to



be a hero and fundraise for their local children's hospice. Children's hospices are incredible places that help children who are not expected to reach adulthood and their families. Just like superheroes, children's hospices are there for people when they

need them most. Children's Hospices UK would like to thank everyone raising funds for these vital services" Said Helen Stevens, National Events Manager at Children's Hospices UK.

To find out more, visit www.childrenshospiceweek.org.uk or contact (Wycombe Sports Centre telephone: 01494 688100)



Progress Report: BRISTOL HENGROVE

By David Lancaster

With 58 weeks of 87 now complete, Bristol Hengrove is rapidly taking shape and transforming into a fantastic leisure facility.

External facades, a mixture of glass and Tecu gold, provide a striking front to the building and with these now weather tight, internal fit and M&E works are fast progressing. Internal block work and plaster are complete and tiling now well progressed to both pools. The building boasts a wealth of environmentally friendly design features to achieve a BREEAM Excellent rating.

The facility will include a 50m swimming pool with two moveable floors, a teaching pool with moveable floor, a 150 station fitness suite, two large dance



studios, a spinning studio, a four-court sports hall, changing village, crèche and cafe. Parkwood Healthcare will operate

a healthy living zone within the leisure centre to deliver health and wellbeing services to the general public.

The facility is due to be completed on 28th February 2012 and open to the public the following day.

PARKWOOD CONSULTANCY SERVICES PROPOSED DEVELOPMENT WORKS FOR TILGATE FOREST GOLF COURSE

By David Lancaster

In the early hours of the 15th May 2011 Tilgate Forest Golf Course was destroyed by fire. Up to 40 fire-fighters from West Sussex Fire and Rescue Services attended the blaze.

There were concerns that the fire would spread, but in all eight fire appliances were dispatched to the scene and were able to contain the damage to the main building. This saved the golf shop and driving range which continue to be available to the public. Temporary buildings have been erected to provide clubhouse facilities until a new clubhouse can be built. Parkwood Consultancy Services have been appointed to project manage the development of a new clubhouse.



Concept design development is now well underway and the appointment of a preferred architect is expected in early September 2011. The new clubhouse is expected to take an entirely new shape, with an exciting design that complements its surroundings; better serves its users; better suits operations and will include a variety of sustainable and environmental technologies. It is anticipated at this stage that construction of a new clubhouse will commence in spring 2012.



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Tilgate Forest Golf Course comment on the fire damage

By Joanna Hill

Staff at Tilgate Forest have been overwhelmed by the messages of support they have received from existing customers and local businesses in the aftermath of the devastating fire.

A marketing plan has been developed to reward returning customers and retain a sense of loyalty among members over the coming months.

Crawley Town FC, the football club local to the golf course, has been particularly supportive over the months preceding the fire. "I have been helping Crawley Town's new groundsman with advice," commented Colin Chilvers, Manager for Tilgate Forest, "and in return they have given us two advertising boards around the pitch. The boards will be seen by all supporters visiting the games and also when the TV cameras visit the Broadfield Stadium they could be seen by the masses! Let's hope the ball rolls just in front of our boards!"



Riverside Leisure Centres celebrates 25th Anniversary with open day

By Phil Roebuck

Saturday the 2nd of July marked the 25th Anniversary of the opening of Riverside Leisure Centre in Exeter. A 1980's themed open day was organised to celebrate the event and mark the year the Centre was first opened: 1986.

The fitness instructors and other members of staff were dressed in 80's clothing and the whole centre was decorated with balloons in bright pink, yellow and blue. There was even a balloon archway over the stairs.

Local suppliers were invited along to offer an array of complimentary and discounted services, which included smoothies, make-up advice, apples and bananas, 5-a-day advice, Gate analysis and running advice. Visitors could take part in sample classes in the main hall, illuminated with disco lights. A smoke



machine and a mobile DJ deck completed the classic 80's Disco picture. Three Riverside instructors, in 80's fitness clothing, led the specially organised classes each with over 70 participants.

The squash court hosted the family fun with a bouncy castle and kids games, as well as free

face painting. The Café Vita hosted some 80's specials on the menu including bangers 'n' mash and burgers. The Café Vita staff also set up an 80's sweet stall with classic sweets in bags for just 50p. Finally the gym team came up with some challenges for the members and

an incentive to win a free month on their Expressions membership.

In order to make the Riverside Leisure Centre 25th Anniversary Open Weekend a success, the marketing and sales teams ensured the message was communicated within the leisure centre and across Exeter, in shops, schools, houses and with newspaper advertising. Customers were contacted by telephone and email to spread the word. The entire centre team was motivated, passionate and knowledgeable about the week-ends activity.

Riverside Leisure Centre signed up a total of 90 new members during the open weekend. Manager Phil Roebuck expressed "a huge thanks to the organisation and commitment of all of the staff teams, in ensuring a great experience was had by all."

The Princess Royal pays a visit to the Winter Gardens in Weston-super-Mare

By Maria Harrison

On Monday the 25th of July Her Royal Highness The Princess Royal paid a visit to the Winter Gardens in Weston-super-Mare. Her Royal Highness was due to spend the day with Mr Graham Turner, Chief Executive of North Somerset Council, viewing the towns newly relocated Tourist Information Centre and re-opening the Grand Pier.

The Princess Royal travelled to Weston-super-Mare by helicopter, and upon landing she was greeted by The Lord-Lieutenant of Somerset, Lady Gass. Lady Gass escorted The Princess Royal to the Winter Gardens Pavilion where she was introduced to Mr Graham Turner. Mr Graham Turner then accompanied Her Royal Highness to the new Tourist Information centre in the Winter Gardens, where she was greeted by Andrew Holt, Chief Executive of Parkwood Leisure. The relocation of the

Tourist Information Centre was a joint investment between North Somerset Council and Parkwood Leisure.

Andrew Holt had the opportunity to discuss the Winter Gardens extensive history with Her Royal Highness during their introduction. Princess Anne also recalled previous occasions when she had the pleasure of opening other Parkwood Leisure facilities including Mountbatten Leisure Centre in Portsmouth. Her Royal Highness was invited to sign the Visitor's Book at the Tourist Information Centre before entering the Winter Gardens Ballroom to view an exhibition of the 'seaflood protection enhancements'. The Royal Party then departed for the Grand Pier.

UNVEILING

At the Grand Pier Her Royal Highness was invited to unveil a plaque commemorating the re-opening of the Grand Pier by the owners Mr and Mrs



Michael and Chairman of the Council, Colin Hall. The Royal Party then proceeded to the centre of Princess Royal Square to view the recently restored Coalbrookdale Fountain, dating back to 1913. At the fountain Mr Graham Turner introduced Her Royal Highness to Mrs Mary MacFarlane the Great grand-daughter of Thomas MacFarlane who donated the fountain to the town.

Before her departure Her Royal Highness was presented with a bouquet of flowers from the grand-daughters of the Chairman of the Council, Olivia and Darcey Hall. Finally Honey May Rich and Lachlan Marshall issued 'Good Luck' messages for the then forthcoming Royal Wedding of Zara Phillips on behalf of the students from Wallicote Primary School.

Café Vita

By Anthony Thompson & Matt De'ath

Thursday 31st March 2011 marked the official opening of the newly branded Café Vita, on the 1st floor at Southend Leisure & Tennis Centre and it has proven to be a very popular addition to the services available onsite.

Vita, meaning "Life" in Italian, opens from 7.30am-9.30pm Monday-Friday and 8.00am-6.00pm Saturday & Sunday.

Café Vita is designed to offer customers a relaxed and pleasant environment, to eat and drink, socialise with friends or catch up on the days news



on the Plasma screens and newspapers. The Café also offers a 'Grab and Go' food and drink option for those with a little less time.

Early-bird users have the ideal opportunity to grab some breakfast, the most important meal of the day, or freshly baked pastries in the morning with a wide variety of delicious teas and coffees to choose from.

The Café Vita brand is centred on high quality fresh bean coffee, using traditional Italian coffee beans and fresh milk in every cup. Café Vita offers customers a wide variety of food and drinks including, freshly made Paninis, Baguettes, Jacket Potatoes, Sandwiches, Pasta, Soups, fresh cakes and pastries.

The new menu has a family friendly approach introducing healthy snacks and drinks designed for our younger guests, including the popular younger children's lunchbox.

Southend Leisure & Tennis Centre is the first Parkwood Leisure site to have its food and beverage provision brand-



ed as Café Vita, as part of a plan proposed by Matt De'ath, Group Catering Manager for Parkwood.

Brand partners, including Tchibo Coffee and Coca Cola, have worked with Parkwood Leisure to provide funding, enabling a number of existing Café Bar sites to be rebranded to Café Vita. Café Vita sites now operate to a strict set of brand standards and there is a detailed brand operations manual for each site. The brand standards manual is supported

by on line training modules for staff to complete. The new brand will be constantly evaluated and developed during the roll out period. The new brand aim is to deliver consistency of standards, quality and service at all Parkwood Leisure catering sites. Further opportunities being considered included expanding the brand to Café Vita to go. Which could offer customers a range of pre-packed sandwiches, salads and drinks in sites that are currently vending only.

Kennet Ambassadors for young people

By Mark Ranson

Kennet Leisure Centre in Newbury have been awarded the title of 'Business Ambassador' for young people in West Berkshire.

The Business Ambassador Award acknowledges the businesses and individuals who give their time and expertise to support students from local schools. The Leisure Centre has assisted by taking on a number of work experience students throughout the year, including those with learning difficulties, in order to help develop their skills and prepare them for jobs in the future. Mark Ranson the Centre Manager, has also given talks to pupils as part of their Business Studies A-Levels course.

Liz Palmer, the Business Development Manager at Education Business Partnership, West Berkshire, said "the support that Kennet and many other businesses provide makes an enormous difference to the skills development of the students".

Mark Ranson said: "We are delighted to have been recognised for the work we do with the community and proud to be a Business Ambassador for the region".



Parkwood Leisure is selected to host the Premier League Snooker on Sky

By Joanna Hill

Four of Parkwood Leisure's Centres have been selected to host qualifying matches for the PartyCasino.com Premier League Snooker. The qualifying matches will be televised on Sky Sports over the next four months.

The PartyCasino.com Premier League competition begins on Thursday the 18th August at the Embassy Theatre in Skegness. The first semi-final round sees World Champion John Higgins playing People's Champion Jimmy White. The winner will then go on to play the winner of the second semi-final match in the evening's Final.

The PartyCasino.com Premier League is comprised of ten players. Each player competes on four of the twelve nights. There are three matches per evening - two semi-finals followed by a final. Each match is the best of five frames with no dead frames played.

A 'Shoot Out' tournament is played in the event of a tie. Points are awarded for every frame won therefore the maximum number of points a player can gain in an evening are six. A maximum of twenty four points can be accumulated over the whole qualifying section of the Premier League.

This year is Biddulph Valley Leisure Centre's first in association with the PartyCasino.com Premier League. Lee Carnwell, Centre Manager for Biddulph Valley Leisure Centre is greatly anticipating the event: "For Biddulph, a small town in the

PARTICIPATING PARKWOOD LEISURE CENTRES:

Thursday 6th of October: Hutton Moor Leisure Centre in Weston-Super-Mare. *Mark Williams V Judd Trump and John Higgins V Matthew Stevens*

Thursday 13th of October: Biddulph Valley Leisure Centre in Stoke. *Mark Williams V Ali Carter and Jimmy White V Ding Junhui*

Thursday 20th October: Riverside Leisure Centre in Exeter. *Ali Carter V Judd Trump and Shaun Murphy V Neil Robertson.*

Thursday 10th November: Spiceball Leisure Centre in Banbury. *John Higgins V Ali Carter and Mark Williams V Matthew Stevens.*

Staffordshire Moorlands to be hosting such a large event is fantastic."

He continues, explaining that "for sites hosting this event it not only gives our regular customers a great opportunity to watch some well known sporting stars, but it also attracts a lot of new customers who have never been to our centre before and may return for future visits."

Tudor Grange Race for Life!



By Philippa Reynolds

Tudor Grange Leisure Centre has had a fantastic July so far with many events taking place throughout the month.

Sales staff and members of the gym team have supported several main events, which included one of the biggest: The Race for Life!

They worked together with the Race for Life co-ordinators to help with the warm up for over 3000 women on the day. The studio instructors did an amazing job of getting everyone involved and ready for their run.

Tudor Grange Leisure Centre is also working in close partner-

ship with Solihull BID. Solihull BID support all the local retail, restaurants, and public services within the Solihull and Birmingham area. Tudor Grange have played a main part along with Solihull BID to support the Race for Life, which gave a fantastic opportunity to highlight the work and focus of the Leisure Centre and raised yet again more positive awareness of our facilities.

At the end of the race every lady that finished received a 'Pink Purse'. The pink purse had offers and events that are taking place within Tudor Grange over the summer period. BID also did a positive, supportive write-up,



which went into the local paper. This has created GREAT positive feed back within the Solihull local area.

A greener way to better profit!

By Alex Godfrey

Parkwood Leisure and West Berkshire Council have been working together over the past 12 months to reduce the energy charges to its centres. A combination of factors has led to centres saving up to 66% on some of its costs in comparison to 2010.

This saving has been due to a number of installations, including pool covers provided by Aquamatt, Variable Speed Drives (VSD) provided by



Powermaster and a Combined Heat and Power Unit (CHP) provided by Energ.

Centre Manager for Northcroft Leisure Centre Alex Godfrey has said "We can't really put the savings down

to one particular installation or improvement, it really has been across the board. In a year when the Carbon Reduction Commitment becomes ever greater we have worked hard with our client to ensure that new installations provide the best value for money".

All of the swimming pools (Northcroft Leisure Centre, Kennet Leisure Centre, Hungerford Leisure Centre and Willink Leisure Centre) have benefited from VSD and Pool covers.



Parkwood Leisure's Life Pure Water Project

By Joanna Hill

The UK imports over a billion litres of water each year wasting money and valuable fuel in the transportation of an already abundant resource. In order to combat this problem, Life Pure Water was established in 2005 with the aim of providing a competitively priced product from an organic British source.

For every litre of Life Pure Water, sold the company funds the delivery of at least a litre of clean drinking water to communities in the developing world through their charity: drop4drop. Drop4drop are currently running projects in the Andhra Pradesh area of Eastern India in order to provide fresh, clean water to the local communities. Wells are built in towns and villages to ensure that locals, some of whom have to walk over 12 kilometres a day to collect water, have easy access to a safe resource.

This year Parkwood Leisure has supported the drop4drop cause by selling 8,500 cases of Life Pure Water to its customers across the country. The money Parkwood Leisure has donated to the charity through the water sales will contribute to the digging of a well providing fresh water for over 1000 people.



By Susan Page

One very wet Saturday at the Mountbatten Leisure Centre on 16th July 2011 we were very proud to host the Relay for Life Event, which was the final to a whole year of fundraising in aid of Cancer Research.

The Mountbatten Leisure Centre is very diverse in the events that we hold and this weekend was a prime example. After many months of planning 33 teams of nearly 400 people set up camp in the middle of our athletics stadium to raise money for the charity.

Although the weather was not very good spirits were really high for all of those taking part and there were happy smiling faces everywhere. Many of the people taking part were survivors or teams of families and friends who had lost loved ones to this terrible disease. Some of the teams were in fancy dress and all day when not running or walking around our track they were taking part in activities to raise more money.

Meanwhile, in our function suite we were preparing for a wedding for a lovely young couple and their guest's special day. The decorations transformed the room and our chef was busy preparing the 3 course wedding breakfast and evening buffet for 200.

In the pool we were host to a Gala held by our home club the Portsmouth North Sea and in our main hall we had an England

A DAY IN THE LIFE OF MOUNTBATTON LEISURE CENTRE



Athletics Coaches Course taking place.

The whole centre was a buzz of activity as all of this was on top of our normal programme of activities, gym users & swimming lessons.

On the field on the track we had members of the Brighton Football Club who had brought in an inflatable football pitch and on the edge of the track we had a stage where several bands played sets all day to entertain the Relay for Life teams. We even had dancing on the track as many people in between their turn on the track watched the bands perform.

One of the highlights of the day was when the Bride & Groom came down to the track and completed a lap, which was



wonderful for all of those taking part.

At the end of the first day a Candle of Hope ceremony took place where a local choir sang to the teams and candle bags were placed on the track with messages written on them from the team members to the people that they had lost.

Several of the wedding party came out to watch the ceremony but all was quiet during a lap of the track by candle light, which was very moving. The climax of this lap saw fireworks set off against the dark sky, which was a fitting end to the first day.

All night long the runners and walkers continued laps of the track taking 40 winks when they could. At 7.30 a.m. a full English breakfast was served in the area where 8 hrs ago 200 people were dancing at the wedding.

Then 24 hrs after the Relay commenced we saw all 400 people take to the track for the final lap, what a celebration this lap was especially cheering home one guy who had ran the whole 24 hrs.

These people were very dedicated wonderful people who raised £55,000 in aid of Cancer Research. There were many awards, speeches and thanks to people during the closing ceremony and the organisers were already talking about the next years fund raising. What fantastic people they all are.

This weekend saw over 3000 people come through our doors taking part in activities to keep healthy, have fun, learn, raise money for Cancer Research and for one young couple to start a new life together.

What a wonderful venue the Mountbatten Leisure Centre is to enable us to hold such events and bring so much pleasure to so many people, I feel so proud to be able to be part of it all.

Parkwood Leisure delivers the Blaze Dance Festival with Kettering Borough Council



By Matt Tilley

Working in partnership with Kettering Borough Council, Parkwood Leisure helped to deliver the 'Blaze Dance Festival' in the Market Square in Kettering on Saturday 23rd July. At 3pm a crowd of hundreds took part in a record-breaking dance routine for The Blaze! Dance Relay.

Staff from Kettering Swimming Pool were on hand on the day to deliver a range of dance classes for all ages and abilities, including Street Dance, Zumba and Cheerleading. All of the classes were well received, with around 30 people attending each session.

Other members of staff from Kettering Swimming Pool were available to issue information and leaflets (via the Parkwood 'Pop Up' counter) on a range of services including Expressions, Aquazone, Party Mania and Sway Dance as well as details on their Open Weekend, scheduled for the weekend of 30th & 31st July.

Working in partnership on such a momentous event strengthens the relationship between Kettering Swimming Pool and Kettering Borough Council and will hopefully pave the way for further joint ventures in the future.



Torbay Leisure Centre dance their way to success at Paignton Carnival

By Tina Lee

On the 27th July Torbay Leisure Centre joined in the local carnival in Paignton. Kelly Fogarty the Street dance coach, for ages 4-7 years and 8-11 years, made a tremendous effort in preparing the pupils for the carnival. She taught simple repetitive moves suitable for travelling around the carnival.

Rachel Dollar, one of Torbay Leisure Centres receptionists, invested a lot of time and energy in organising music for the event. She also dressed up in a pink tutu, wig and a Sway t-shirt, looking absolutely amazing. Many people commented on how much ef-



fort she had put in and many photos were taken.

The dance troupes were entered into the trade/commercial category and followed a car blasting out some pumping Street Dance tunes. The pupils danced all the way round the carnival taking two hours. They all had fantastic energy and didn't stop. The group of 28 looked fantastic in their Sway t-shirts and Black bottoms.

Mums and members of crèche staff came along too, handing out flyers and Sway vouchers. Tina Lee said "we came first in our category and everyone had a fantastic time, we can't wait to do it all again next year!"

Cheerleading goes LIVE at Parkwood Leisure Centres

By Maria Harrison

Saturday the 11th of June saw the launch of Parkwood Leisure's new Sway Dance discipline: Cheerleading.

Parkwood Leisure dance instructors undertook extensive training and familiarisation courses in association with the UK Cheerleading Association (UKCA). The courses ensured the exceptional quality and high standards of the Sway Dance classes were maintained.

Cheerleading is traditionally an American sport but popularity has grown steadily across the UK in the past five years. Cheerleading is designed to encourage spectators to get actively involved at events. It involves organised routines containing components of tumbling, dance, jumps, cheers and stunts. Cheerleading is a dynamic high-energy and fun activity that is open to everyone.

Supporting the launch of Cheerleading, Parkwood Leisure Centres are offering taster sessions and a free set of Sway Dance pom-poms to budding Cheerleaders. Visit www.swaydance.co.uk for local details.





RHS TATTON SHOW 2011

Glendale-Liverpool were awarded the Silver-Gilt Lindley at this year's RHS Tatton Show.

The NCCPG, (National Council for the Conservation of Plants & Gardens) approached Glendale-Liverpool to support their entry and contribute to the combined display from four national plant collections. Glendale-Liverpool partnered with the NCCPG in putting on a flora display of temperate and tropical plants.

The Liverpool team was made up of; Mike Brown (Team leader) and John Warren (Team leader and Apprentice Champion) supported by two Apprentices Stephen

Simm and Thomas Carus. The display was managed by Robbie Prince (service area south Manager) and Billy Mottram (service area South Supervisor) with Arthur Dallas from Liverpool City Council.

Robbie's team worked tirelessly before and during the show planning, preparing and displaying the Botanical collection creating a wonderful

display of tropical utopia.

Peter Cosgrove General manager said "to receive this award is a credit to the dedication and commitment of our employees, who again have demonstrated pride... passion...and performance in carrying out their duties. I am also particularly pleased that our apprentices were involved in the project".



Novak Djokovic pays a visit to the Royal Park

By Joanna Hill

Shortly before going on to win his third Grand Slam title at the 2011 Wimbledon Cham-

pionships Novak Djokovic was spotted at Richmond Park Golf Course in London. The tennis number 1 relaxed with a game of golf before posing

for a couple of photographs with star struck customers.

Brian Lafferty, manager of Richmond Park Golf Course was suitably impressed by the tennis stars arrival. We "wished him luck for the final, he played about 8 holes and then had to rush off in an Aston Martin!"



Glendale Liverpool & Kew Gardens

By David Charnock

Glendale Liverpool have established a plant exchange programme with The Royal Botanical Gardens at Kew. David Charnock, Training Co-ordinator at Glendale Liverpool and Marcelo Sellaro of Kew Gardens aim to meet every six months in order to build upon the existing botanical collections at both Kew and Liverpool.

Glendale Liverpool are aiming to achieve botanical collection status for their vast array of Bromeliads. David Charnock hopes that by establishing this partnership with Kew, Glendale will be able to enhance their bromeliad collection and build upon their knowledge of bromeliad management in order to gain that sought after status.

"The Partnership between Glendale Liverpool and Kew will not just be about the exchange of plants but modern management of botanical collections," explains David Charnock. "Myself and Marcelo Sellaro will meet to enhance training and deepen understanding of our respective collections and share our knowledge in order to support each other into the future".

Glendale Liverpool Struck Gold at the Southport Flower Show

By Josie Bennett & Joanna Hill

The Glendale team were overjoyed at their success at the 2011 Southport Flower Show held on the 18th until the 21st of August. The team's "vintage" themed exotic plant exhibit was displayed in the prestigious Grand Floral Marquee and was awarded the coveted Gold Medal for excellence. The team also received the Alfred Derbyshire Award for the Best Local Authority Exhibit.

The entry to the Show was made at the last minute leaving the Botanical team at Liverpool only six weeks to prepare for the big day. The team, headed

by Liam Ireland and consisting of Tony Bailey, Gerard Weaver, Mike Brown and a group of avid apprentices, had their work cut out for them. A detailed plan was developed to ensure there was complete success from the outset and the display was finally completed with ten minutes to spare.

The Glendale team at Liverpool were granted the privilege of managing and maintaining the Liverpool City Council's Botanical Collection in 2010. Tropical plants from this collection were selected as the main feature of the display. Liam's team took inspiration from Liverpool in the 50s, 60s and 70s linking the display to the Shows theme "Vintage". An intricate exotic utopia was constructed featuring a tropical plant from every continent. Each plant was displayed in surroundings imitating its natural habitat. The different elements were then designed to flow effortlessly into each other. Four of the plants selected for display were varieties of Solenostemon, or Painted Nettle, named after the four members of The Beatles who were vintage icons from Liverpool in the 60s.

The Southport Flower Show is held annually and is important both nationally and lo-

cally. Thousands flock to the seaside town every year giving local businesses a boost. Liam's team were proud to be a part of such community spirit. Gerard Weaver, part of the team, found the "great comments" received from visitors inspired by Glendale's display very rewarding. Additionally the opportunity to demonstrate their expertise in unusual areas and display elements of the collection that they are so proud of was very worthwhile.

This is the second success for the Botanical Team at Liverpool's tropical plant collection this year. Earlier in 2011 the team's display of temperate and tropical plants received the Silver Gilt at the RHS Tatton Show. Gerard Weaver believes there are "no limits to the potential for the Botanical Collection" in the future. The teams growing recognition for the collection demonstrates their commitment towards maintaining and building upon Liverpool City's heritage for everyone to enjoy.

The success of the day could not have been achieved without the "effort from every member of the team," comments Gerard Weaver. From Liam Ireland at the top, down to those conceiving and im-



plementing the ideas, to the volunteers manning the exhibition stand over the weekend. Gerard Weaver and the rest of the Glendale Liverpool team were "ecstatic about the results" achieved especially as they were surrounded by "competition of the highest standards". Gerard felt that being the only team to display "tropical plants from around the world" demonstrated how the Glendale team show "that little bit of extra pride and care" in what they do, which is integral to Glendale's Deeper Green approach in Liverpool.

The full botanical collection managed and maintained by Glendale's Liverpool team is on display for everyone to see in Croxteth Hall Park and Sefton Park Palm House in Liverpool

Lewisham Primary School's Football League 10th Year Awards Evening

By Paul Harper

Glendale is responsible for organising a variety of Community based events in Lewisham aimed at encouraging the public to get enthused by their local green spaces. The Lewisham Primary School's Football League was set up for this reason in 2001 by Paul Harper, Glendale Lewisham's Sports Development Officer. Initially 24 teams took part in both boys and girls leagues. Ten years on and the league is a huge success with over 60 teams from over 30 schools playing at Blackheath on a Saturday morning. This is the biggest participated school event in the Lewish-

am Borough with 300 people involved.

The 10th year Awards Evening was attended by Andy Anser who is a former professional footballer with Charlton, Brentford, Gillingham, Orient and Brighton. Andy Anser then went on to make football based films including Goal, Goal 2 and Footballers Wives. He is best known as the presenter from Wayne Rooney Super Striker on Sky. Alongside Andy we had other guests who had played the league over the years and are now at Chelsea and Arsenal. Danny Mills is the Captain of Chelsea Youth Team and a regular reserve team player



at 16 and Danny Stening is also an apprentice at Chelsea. We also had Nigel Nieta, who has just signed a two year professional contract with Arsenal. They kindly attended to show the younger play-

ers of Lewisham what can be achieved. There were around 200 people attending at the newly built Rushey Green School in Catford who kindly loaned their facilities for the event.



Beckenham Place Golf Course turns into a Film Set

By Joanna Hill

Monday the 25th of July saw Beckenham Place Golf Course become the focus of two days of filming for Tim Burton's new film "Dark Shadows" scheduled for release in May 2012. The 18th Century mansion on site was utilised for the gothic thriller featuring Johnny Depp and Helena Bonham Carter. The film focuses on the life of vampire Barnabas Collins (played by Johnny Depp) and his escapades with a variety of monsters, witches, werewolves and ghosts. "Unfortunately Mr Depp was not onsite for this shoot," confirmed Jon Good, Manager of Beckenham Place Golf Course, "but a number of people were here in case he made an appearance!"

The film crew built a number of elaborate sets inside the manor house for use during the filming. And on lookers who stayed late into the night were able to get a first hand preview of the action as a scene was filmed with a woman escaping from a top floor window on a knotted sheet.

The 12 hours spent shooting at this spectacular venue will produce approximately one minute's worth of footage for the new film. Making even this small contribution to the filming process is another fantastic piece of history for the remarkable mansion.

Civic Trees take on eighteen 11m tall Western Red Cedars and win!

By Deric Newman

Landscape Architects Siddeley Landscape Design Limited appointed Civic Trees when they were in need of an expert contractor to handle 18 Thuja Plicata (Western Red Cedars) at a prestigious development in West London. Each tree measures over 11m tall and had to be picked up and delivered from a European nursery.

The development, No. 1 Campden Hill, is thought to be on the market for in excess of £10 million. Its rear gardens are overlooked by a tall block of flats which the designers were

keen to screen from the property.

Siddeley Landscape Design Limited had selected trees from a specialist nursery in Germany but were in need of assistance for co-ordinating the deliveries, arranging crane hire and securely planting the trees. Civic Trees worked closely with the design team consulting on tree pit preparation, planting and aftercare.

On a site unusually large for Holland Park/ Kensington, Civic Trees imported temporary roadway to allow a 50-ton mobile crane to access the site and make way for the articulated

lorries that delivered the trees from the continent. Each lorry could only carry two trees, so nine separate deliveries were co-ordinated to ensure that the lorries would arrive promptly on site, get unloaded and away before the next shipment arrived. The work was spread out over two weeks to co-ordinate with the main contractors construction programme.

"The end result is a very impressive," Said Deric Newman, Director of Sales at Civic Trees. "It provides an effective screen which will afford some privacy to the eventual owners."

BEFORE



DURING



AFTER



Civic Trees become CPD qualified

By Deric Newman

Deric Newman and Joe Howarth, both of specialist contractor Civic Trees, have become certified CPD presenters in order to spread the word of Civic Trees to professionals across the country.

Continuing Professional Development (CPD) is the means by which members of professional associations maintain, improve and broaden their knowledge and skills and develop the personal qualities required in their professional lives.

Civic Trees' presentations to architects, tree professionals and those working in the construction industry focus on three main areas: Urban Tree Planting, Tree Relocation and Specification Writing.

By combining the knowledge gained in nearly 50 years in business and current best-practice each presentation



addresses its subject in detail. Additionally, because it is focused on professional competence in a professional role it is aimed at improving personal performance and enhances career progression, which arguably is much wider than just formal training courses.

Deric Newman enjoys the presentations: "It's never a chore to chat about trees to like minded people and the most fun is often had with discussions once the presentation is over. We will revisit some aspects of the talk and explore, challenge and redefine elements of the way the

work is done, and why. 'The Art of Tree Moving' always gets a good response as we are, as market leaders, able to demonstrate some excellent work with some great images which just grab people's attention. It's wonderful to be able to educate people about the possibilities we can offer."

Five presentations have been given so far, with more in the pipeline for the autumn and those attending the forthcoming Glendale Regional Client Forums can also expect to learn a little bit more about the processes behind the tree work Civic Trees does.

Another year of Green Flag Success for Glendale

By Joanna Hill

It was Green Flag success again for Glendale this year with 66 parks and green spaces across the country receiving awards. This year's awards included some first time winners: Sefton Park in Liverpool and Mayor Park in Lewisham. Additionally Glendale maintained Jephson Memorial Gardens in Leamington Spa was awarded both the Green Flag and the Green Heritage Site Award for 2011.

A total of 1,288 parks and green spaces throughout the UK received the Green Flag or Community Award this year. This record breaking amount of awards

demonstrates how the provision of high quality green spaces for the public is still seen as important to communities and local authorities. Glendale is proud to be the sponsor of the London Green Flag Awards, which were held at City Hall London in September. Chairman of the Parkwood Holdings, Tony Hewitt presented the special award for innovation to winners from Bromley, Croydon and Tower Hamlets. The Green Flag Award scheme recognises the high standards Glendale meet and the contribution Glendale's teams make to achieving the standard.



Enterprise District Employer Engagement Partnership Awards 2011

By Sue Bowers

Jim Hadgett, contract manager for the South East; Sue Bowers, administrator for the South East contract and Mick Dalgarno and Chris Hollingworth Lead Chargehands for the South East contract were invited to the District Employer Engagement Partnership Awards Evening at the recently completed Newcastle College.

Glendale received an award in recog-

nition of the continued support given by the Newcastle Contracts to local schools. Every year the teams at Newcastle welcome school children on their work experience weeks which endeavour to introduce 15-16 year olds to the world of work.

Pictured above: Mick Dalgarno and Chris Hollingworth received the award on behalf of Glendale from Chair Person Trudi Barnard.

NEW HEALTHCARE TRAINING SERVICE

By Jamie Lane

Parkwood Healthcare is expanding and developing its training activities into a new Training Service.

Since last November Healthcare has been a registered training centre for the Royal Society for Public Health. Three members of staff are equipped to deliver essential nationally recognised qualifications in Understanding Health Improvement to staff joining our four Health Trainer Services and to volunteers wishing to become Health Champions.

In discussions with Parkwood Leisure we are planning to roll out this training to Leisure Centres across the country qualifying staff at Parkwood Leisure Centres to become Health Champions and provide the public with 'sign posting' to local health services and public health facilities in their neighbourhood. This will support Leisure's work around weight management and convalescent physical activities with referrals from GPs.

Healthcare is also registered to supply accredited training in:

- Fundamentals of Hygiene for the Food Industry
- Fundamentals of Food Hygiene
- Certificate in Food Hygiene



- Awareness
- Level 1 Award in Hazard Awareness
 - Level 2 Award in Health and Safety in the Workplace
 - Level 1 Award in Health Awareness
 - Level 2 Award in Understanding Health Improvement
 - Level 2 Certificate in Health Promotion.

In Addition the Lewisham LINK's Development Manager, Miriam Long, has been involved in delivering training to volunteers in other LINKs to prepare them to undertake 'Enter & View' activities. This equips the trained vol-



unteers to visit care home provisions to check out, from the point of view of the consumer, the quality of care provided. Eleven volunteers have been trained to carry out these visits for the LINK in Lewisham.

Meanwhile Darren Morgan, the Lewisham LINK's Information and Research Office, has developed a comprehensive database for the project to store, collate and analyse the information it gathers from its patient and public engagement. Heralded as a model of "good practice" within Lewisham this database has the capability to:

- Organise participation, create contact groups and mailing lists.
- Map local communities and provide signposting.
- Export statistics to spreadsheets for automatic analysis.
- Capture service user comments from any source for trends analysis.
- In practical terms this enables the rapid and effective creation of important stakeholder groups
- Management of mailing lists.
- Signposting of residents to their local dentist.
- Production of up-to-date figures on levels of participation.

Darren Morgan is now set to begin delivering training in how to utilise this powerful and valuable tool, described by the University Hospital Lewisham as "professional and transparent", to LINKs and other interested organisations across the country.

COPD Know it. Check It. Treat it. With the South East Essex Health Trainers

Between July 2011 and September 2011 South East Essex Health Trainers are working in partnership with the COPD Know it. Check It. Treat it campaign. COPD (chronic obstructive pulmonary disease) comes in forms such as emphysema or chronic bronchitis and is a lung disease that kills more people in the UK each year than either bowel, breast or prostate cancer.

The South East Essex Health Trainers are offering screening checks to members of the public at venues such as the Hospital, Sea front, library and Southend United Football ground. In the first month of the campaign we have seen 250 people, 30% of whom we have referred back to their G.P for further screening and advice.

The screening creates the opportunity to discuss the effects of smoking and the increased risk it gives of developing COPD after the age of 35.

For more information on the campaign go to www.copd-aware.co.uk



New Business for Parkwood Health Care

By Russell Francis

Since the last edition of Parkwood News Parkwood Healthcare Ltd has secured three new contracts: the Health Trainer Service in Buckinghamshire, the Health Trainer Service in West Berkshire and the Local Involvement Network in Essex and Southend.

Russell Francis, Managing Director for Parkwood Health Care, is pleased to announce the Companies fourth Health Trainer contract covering the area of Buckinghamshire. Commissioned by Buckinghamshire PCT, Parkwood Healthcare will commence delivering a Health Trainer service from 1st October 2011. Details of staffing employed for this service will be detailed in the next edition of Parkwood News.

Following a consultation process with Berkshire West PCT, Russell is also pleased to announce the extension of its current Health Trainer service across Berkshire.

The existing team, headed up by Ukou Obasi, will now continue to support those identified at risk of leading unhealthy lifestyles. The contract, which was due to terminate on the 31st August 2011, has now been extended to the 31st March 2012 following a very successful two years of delivery. Russell stated that the Berkshire West team have done an excellent job over the past two years and congratulated and thanked them on this excellent achievement.

Finally in addition to extending the number of Health Trainer contracts the Company has also secured its fourth Local Involvement Network (LINK) contract. The contract was awarded following an intensive tendering exercise by Parkwood Healthcare's Business Development team and covers the area of Essex & Southend. The LINK contract for this area employs five individuals each working within an identified area across Essex & Southend.

LEWISHAM LINK BECOMES A PATHFINDER

By Jamie Lane

Parkwood Healthcare has been supporting and developing the Lewisham Local Involvement Network (LINK) for the past three years.

During this time it has gathered 8,832 comments from the public about the local health services provided by the NHS and about local care services. This has been achieved by delivering a lively outreach and social engagement programme. For example Lewisham LINK runs stalls at local's festivals, has gathered information from patients at 20 GP surgeries and carried out 11 evaluation visits to care homes.

From October 2012, as part of the re-organisation of the National Health Service, all LINKs will be replaced by new bodies called HealthWatch. Local HealthWatch across the country are being created by developing the role of the existing LINKs.

In recognition of its excellent work the Lewisham LINK – in partnership with Lewisham



Council – has been awarded the status of a HealthWatch Pathfinder with the task of leading innovation and development of the new service.

The role of local HealthWatch will be to:

- ensure that the views and feedback from people who use services, carers and members of the public are integral to local commissioning
- provide advocacy and sup-

port to people and help them to make choices about services

- provide intelligence for a central HealthWatch England about the quality of providers

In becoming a HealthWatch Pathfinder, Lewisham LINK will be given the opportunity to share its expertise with other LINKs both in London and across the Country.

Parkwood Healthcare's Health Bus March

By Susie Tyer

From Monday 21st March to Friday 15th April 2011 the South East Essex Health Trainers were one of 3 teams that staffed a specially adapted double decker bus to provide free health checks to the



public.

The bus travelled around South East Essex for a month offering individuals the chance to have their blood pressure, cholesterol, body mass and lung function monitored all for free!

"The bus was a huge success with over a 1,000 individuals spoken to," said Susie Tyer, Health Trainer Co-ordi-

nator for Parkwood Healthcare. "Come the end of the day we were unfortunately having to turn people away otherwise we would have been their all night! Even when there was at one point a 2 hour wait people still decided to queue!"

The Health Trainers were able to tell some clients to keep up the good work. However, in others important early warn-



ing signs of conditions such as heart disease, diabetes and kidney disease were picked up.

A number of members of the public decided they wanted to make a change to their lifestyle as a result of their health check. They were given the opportunity to sign up with the health trainers to ensure they had the support they needed to take positive steps forward.



Test of Endurance Raises Money for Troops' Charity



By Lee Carnwell

A charitable trio from Biddulph took to the treadmills to raise money for Help for Heroes.

Kathryn Dale, (41), of Cornfield Road was joined by 14-year old Kirsty Chadwick and friend Karen Williams, (32), of Gunn Street, as they completed the equivalent of a half-marathon in aid of the charity.

The three-hour stint at Biddulph Leisure Centre, took place on Monday 17th March and raised £2,000 through sponsorship, donations and a raffle.

Speaking after the 13-mile stretch Ms Dale said, "When we got to nine miles, we hit a wall and thought 'this is awful' but we had a poster in front of us of two soldiers carrying a wounded comrade; we kept thinking of him and that kept us going." She continued: "The last mile was fantastic; we were on a high. We took the Help for Heroes CD to play into the gym and they put it on, as we were finishing. It was quite emotional. Then we collapsed into a big heap but it felt great."

The women do not have family members in the forces but Ms Dale said: "My brother was a marine but he's out now. We chose the charity because we just wanted to do our bit."

She thanked the staff from Biddulph Valley leisure centre for their support and everyone who donated to the cause.

Parkwood Leisure supports Formula 1s budding new star.

By Maria Harrison

Parkwood Health and Fitness in Salisbury are the latest company to sponsor young formula four driver Dan Wells. The Club has offered the 19 year old a complimentary membership in order for him to physically prepare for his challenging year. "Driving a racing car on the limit requires a lot of physical training," explains Dan Wells. "We experience up to 3g in the car and this puts a lot of strain on the body. With Parkwood's support I am sure that I will be as physically and mentally prepared for this racing season as possible."

Dan Wells is set to compete



in the 2011 Formula Renault UK Championship which launched

the career of Formula 1 champion Lewis Hamilton. The races

are run as a support to the popular British Touring Car Championship. Crowds of up to 40,000 are expected at each race with more than 500,000 due to watch the event on ITV.

"It is fantastic to see such an enthusiastic young man who knows exactly what he wants to achieve," says Gary Sheppard, General Manager of Parkwood Health and Fitness, of the young Driver. "And it is great that we can help support him on his journey this year".

Parkwood Health and Fitness will be able to take advantage of advertising space on Dan Well's car and on designated boards situated around the race track through their sponsorship. Gary felt that "while it would be nice to push the Parkwood Health and Fitness brand" through the advertising spaces he feels it "would be better suited to raising the profile of Parkwood Leisure" as a whole.

Ride for Research into fatal Tree Diseases.



By Ian Haynes

Ian Haynes, Regional Arboriculture Manager for London and the South East recently took part in the inaugural Ride for Research to raise money for research into Acute Oak Decline. The event involved cycling 32 miles around London's streets and visiting three schools along the way to plant trees with the local children.

Acute Oak Decline (AOD) is a recently discovered disease affecting mature oaks. The main symptom of the disease is extensive 'bleeding' of a dark fluid from small cracks in the bark. The cause of the disease is as yet unknown and affected trees die within four to five years from the onset of symptoms.

The cyclists visited two Primary Schools at Harrow and Islington and a Secondary School



at Hampstead. At each school the local Mayor and a group of enthusiastic pupils welcomed the cyclists. Ian Haynes and the other riders taught the pupils a little about Acute Oak Decline and helped the children to plant two trees: a Bird Cherry or Rowan and an Oak.

Inaugural ride

This inaugural Ride for Research was supported by the UK and

Ireland Chapter of the International Society of Arboriculture (ISA). The inspiration came from the ISA's Tour des Trees in the USA which has seen over 4 Million Dollars raised for tree research since it was started in 1991.

Organisers in the UK's Ride for Research hope that the 2011 inaugural ride will be the start of an annual event in aid of tree research.

David Roberts finished 4th in the United Kingdom Senior Latin Championships

By David Roberts

David Roberts, Fitness Manager at Spiceball Leisure Centre in Banbury, and Andrea Law have been dancing for just over three years. Andrea has a background in musical theatre and choreographed shows around the country. They met dancing and now compete on the national circuit.

Blackpool

The couple have won several titles, including the City of Birmingham Championship and the South of England Championships and have very quickly risen through the ranks in dancing. David and Andrea have recently competed in the British Open Senior Latin Championships at the Winter Gardens in Blackpool, where they finished 28th in the World. On July 10th 2011 they danced in the United Kingdom Closed Senior Latin Championships where they performed the Cha Cha Cha, Samba, Rumba, Pasa Doble and Jive. The Banbury couple finished 4th in the United Kingdom.

Championships

David and Andrea are currently training hard, working towards the Imperial Latin Championships open to the World which is to be held on Tuesday the 11th October. This is followed by the major championship of the year the British Closed Senior Latin Championships at Blackpool to be held on the 17th, 18th and 19th of November.

We love dancing

David enthuses "we currently train three to four nights per week and simply love dancing. I would recommend dancing to everyone, not only does it keep us fit; it gives us great enjoyment and always leaves us wanting more. I also hope our journey has inspired others to take up dancing at some point".

David is one of Spiceball Leisure Centres fitness managers and also teaches an array of dance styles at the centre's Sway Dance sessions.





Steven Millward's Total Wipeout

By Steven Millward

In the summer of 2010, Brough Park Leisure Centre employee Steven Millward, 27, was accepted as a contestant on the World Famous BBC game show Total Wipeout. The episode featuring the Swimming Teacher/ Receptionist and Lifeguard was aired on February the 5th 2011.

After a long audition process Steven was flown to Buenos Aires, Argentina for a 6 day shoot on the Total Wipeout course with 19 other contestants. "I was very nervous having to do the entire thing alone but I am so glad I did," said Steven of his experience. "The fellow contestants were all fabulous people and a lot of fun, becoming very good friends in the process."

"We flew for two days, there and back, and then had four days to film the show. There was a rest day first, where we got to tour the magical city of Buenos Aires then on Saturday we filmed all the introductions with host Amanda Byram, a lovely woman, and then filmed the Qualifier. The Qualifier was extremely hard, it looks easy on TV I thought, but boy was it tough, I didn't expect to do brilliantly but coming 18th was a slight let down to say the least. It was tremendous fun however and I would love to do the whole thing again. The famous big red balls are not very stable and balancing on them takes some skill, which I sadly lacked... bouncing off ball number one in quick succession."

The second day was when the contestants filmed the second, third and final round which Steven enjoyed watching. The contestants were then flown home.

"I took some ribbing for my swimming ability," Steven laughs, "hitting the water upside-down and backwards can really take the wind out of you and it did me. Plus host Amanda asked for swimming tips and my breaststroke technique of cutting an imaginary pizza will probably live on longer than me! I am however very proud of what I accomplished, thousands of people applied for series 4 and only 160 or so got through. I would love to do more Games shows to fingers crossed and watch this space."

Spiceball Leisure Centre row in aid of Help the Heroes



David Roberts, Garry Kingsnorth, Oli Barnard and Joe Dodd from Spiceball Leisure Centre in Oxfordshire completed a sponsored row for Help the Heroes on the 19th August 2011. The four fitness instructors rowed an amazing 300 miles in five days. "Each day we rowed 12 miles each, non-stop," said David Roberts, Fitness Manager at Spiceball Leisure Centre. "This is a total of 24,135 metres each per day!"

Help the Heroes was founded in October 2007 to help the wounded service men and women returning from Afghanistan and Iraq. All donations are spent on making grants that aim to provide practical support for those wounded in times of war.

"I hope we will have raised somewhere in the region of £800 - £1000," commented



David Roberts, "our bodies are tired and hands are blistered but the satisfaction of finishing and raising so much money has been brilliant."

MBE for Jacqueline Cass from Kennet Leisure Centre

By Mike Wakely

Manager of Kennet Leisure Centre, Mike Wakely and his team, are very proud of their colleague Jacqueline Cass.

Jacqueline Cass has been awarded and presented with the Member of the British Empire (MBE), by Her Majesty the Queen Elizabeth II.

Jacqueline Cass MBE was granted the medal in recognition of her contribution to the local community, through her services to disability sports. Jacqueline runs the very popular wheelchair basketball

ball team, The Thames Valley Vikings Wheelchair Basketball Club at Kennet Leisure Centre in Thatcham Newbury. The club was formed while Jacqueline was at University and has gone from strength to strength inspiring people to take on this challenging sport.

Most recently Jacqueline has been nominated as an Olympic Flame Torch relay for the 2012 Olympics. Mike Wakely says "we are all hoping that she is successful in this nomination and excited that a member of Kennet's staff could be involved in such an important event".



Chairman's Award 2011

Paul Johnson, Contract Supervisor for Torridge was the successful winner of the Chairman's Award this year. Paul will receive £1,000 together with a certificate commemorating his success.

Paul was nominated for his committed and proactive approach to the company. Always willing to put in extra hours where required Paul has also taken on additional responsibilities this summer by writing Method Statements and Technical Responses for tenders and completing a COSHH Assessment for the whole company saving around £2,000 in training and time.

Paul was employed by Glendale following the acquisition of Landscapes Southwest Ltd and Silvanus Services Ltd. His helpful and professional approach has made the further acquisition of Silvanus Services Ltd into Glendale a positive experience for both staff and clients alike. Paul can always be relied upon to promote the change over, particularly when

dealing with clients.

Paul's job role within Glendale is as a Supervisor but he directly manages contracts with West Devon, Teign Housing and Exeter City Council. He plays an integral role in contract start ups and assisted with both the North Somerset and Torquay start ups carrying out inductions and machinery training with TUPE staff. His extensive knowledge and experience in all areas of horticulture, plants and equipment make Paul a valuable asset where training, supervision and client generation is concerned.

There were three other nominees for the 2011 Chairman's Awards. David Prescott, Contract Manager for Duxbury Park Golf, Daniel Morrissey from the Midlands and Angus Fraser Grounds Contract Manager for London and the South East will each received £100 of Marks and Spenser's Vouchers and a certificate commemorating their hard work.

Parkwood Leisure's Chairman's Award Winner 2011

By Josie Bennett

Lewis Walker, Maintenance Manager at Spiceball Leisure Centre is Parkwood Leisure's 2011 Chairman's Award Winner!

Lewis joined Spiceball Leisure Centre in 1997 as a maintenance assistant, after taking early retirement as a chemist at Kraft foods. Lewis progressed to maintenance manager in 2005 with DC Leisure and was part of the management team which ensured the smooth transition of the Chewell District Council leisure contract to Parkwood Leisure in April 2008, as well as being instrumental in the set up of the opening of the new Spiceball and closing of the old centre in December 2009.

"Lewis is without a doubt a man you want on your team. His knowledge is second to none which has proved vital in challenges when constructing the building contractor of the new building, and his skills have saved the company many thousands of pounds" Graham Bleech, Centre Manager at Spiceball.

Parkwood Leisure was successful in being awarded the contract for Woodgreen Leisure Centre in 2009, the centre has had a £1.5 Million refurbishment of its Olympic Pool but unfortunately the money did not stretch to a refurbishment of the aging plant room. It is no exaggeration to say that without Lewis's commitment to working evenings and weekends at Woodgreen in the summer of 2009, the pool would not have opened on time. The client was very appreciative of Lewis's Efforts to keep the pool open, and so were many hundreds of children in the Banbury Area.

Lewis never claims for phone calls, extra hours or mileage despite being on call 24/7, and with the opening of the new building at Spiceball and a new contract for Woodgreen, Lewis is called upon day and night, he constantly works in excess of 50 hours per week. "Lewis's commitment is never in question and this was summed up by him returning calls, at his expense, to contractors and supporting staff on his recent walking holiday in Yorkshire" Graham Bleech.

Congratulations Lewis, we want you on our team!

ACROSS

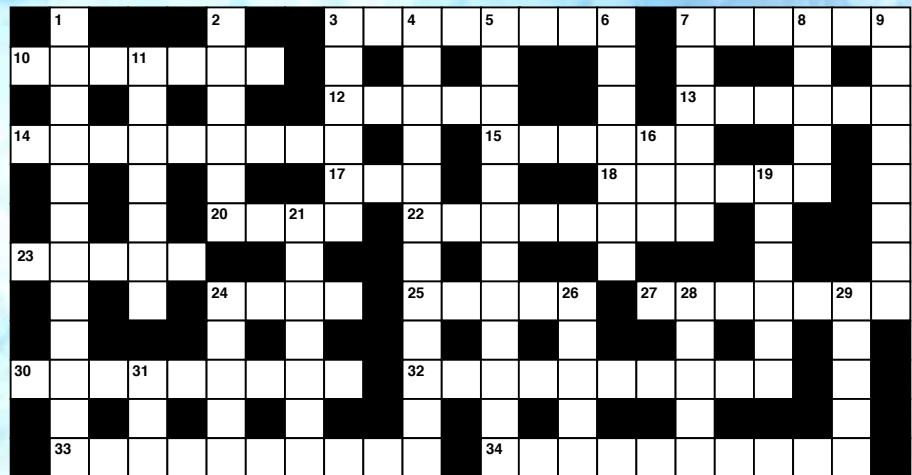
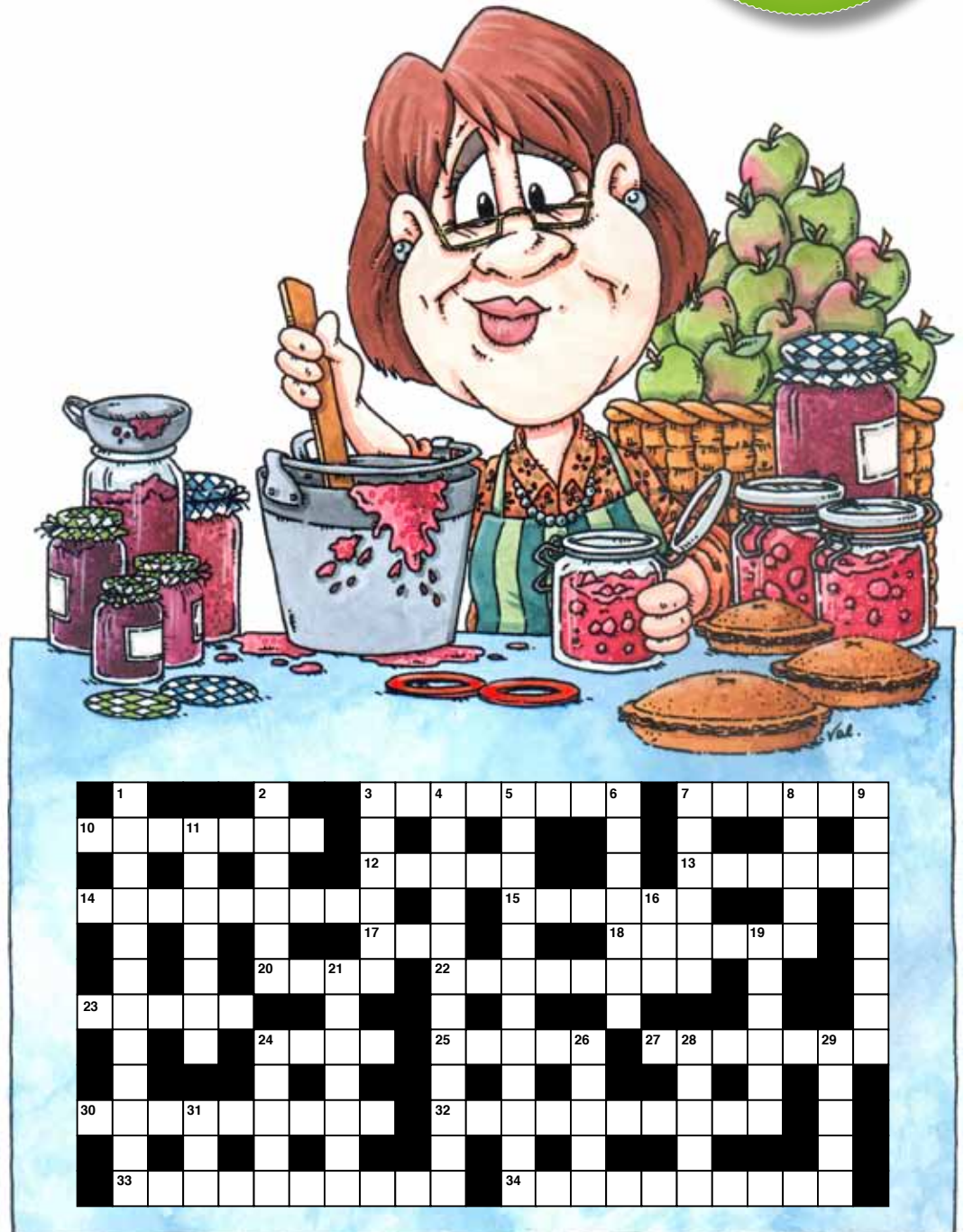
3. This creature gathers nuts in Autumn (8)
7. Conspirator who was executed for his part in the Gunpowder Plot (6)
10. Relish made of fruit, spices and herbs (7)
12. Universally recognised truth (5)
13. Spanish fleet defeated by Francis Drake (6)
14. Interludes during public performances (9)
15. Autumn fruits (6)
17. Single figure (3)
18. Turns away (6)
20. "_____ O' The Times", a classic album by Prince (4)
22. It's usually thought of as the first month after Autumn (8)
23. Inuit ice-house (5)
24. Small, secluded Scottish valley (4)
25. Invigorating medicine (5)
27. Autumn month (7)
30. These create a spectacular display on Bonfire Night (9)
32. _____ executives usually release a new schedule for Autumn (10)
33. Eating to excess (10)
34. Popular type of jam (10)

DOWN

1. Harvest festival in the USA (12)
2. Autumn fallers (6)
3. In "Ode To Autumn", Autumn is described as "_____ of mists and mellow fruitfulness" (6)
4. Country known for trick-or-treating at Halloween (6,6)
5. Cylindrical fireworks that emit balls of fire and showers of sparks (5,7)
6. Quiet song to help a baby sleep (7)
7. Lady Antonia, the writer who produced a book called "The Gunpowder Plot" (6)
8. Poet who wrote "Ode To Autumn" (5)
9. Hand-held firework (8)
11. "Remember, remember, the fifth of November Gunpowder, _____ and plot" (7)
16. The night before a big event (3)
19. Powerful, wealthy industrialist (6)
21. Small cucumber for pickling (7)
24. Fancy dress character at Halloween (5)
26. Blanket on a bed (5)
28. "_____ Every Mountain", a song from "The Sound Of Music" (5)
29. Wood used for piano keys (5)
31. Largest bird native to Australia (3)

Autumn Crossword

Enter our
Crossword to
win a **£50**
gift voucher.



Closing Date: January 1st, 2012. Please enclose your name and contact details along with your answers and send your entry to:

Josie Bennett
Parkwood News. Glendale Managed Services
The Dairy Barn, Westpoint, Clyst St Mary
Exeter, Devon EX5 1DJ

A winner will be chosen at random from all the correct entries.

Editorial contact and contributions:

Parkwood News is reliant on the articles sent to us and we thank those who have contributed to this edition. As always, we welcome your feedback. If you have any comments or would like to contribute articles then please contact The Editor. **Email josie.bennett@glendale-services.co.uk**