



Portishead Open Air Pool

e NEWSLETTER

Issue 9, April 2012

As we approach our 50th birthday, it is easy to forget that four years ago, like many lidos around the country, the pool faced the sad prospect of becoming a boarded, shuttered and graffiti-splashed blot on the landscape or, almost as bad, a block of flats! Then, a handful of determined individuals galvanised the community and forced the local authority to think again by persuading them that the pool could be run as a going concern by volunteers. Thanks to these volunteers, the support of the Town Council and the generosity of local businesses and individuals, the Trust's vision has been realised and the pool is once again the pride of Portishead as it was back in the Sixties. But we can never rest on our laurels – if we want to celebrate our 60th birthday and beyond, we still need people of vision and community spirit to help us 'pay it forward' so that our children and grandchildren can enjoy this wonderful lido, our jewel of the North Somerset coast.

***Inside**—as well as news of our birthday celebrations, there is a feature on The Lido Kitchen which opened its doors on 30th March, staff vacancies, forthcoming sporting events, a photo spread of our volunteers getting on with winter works, and 2012 prices and opening times to cut out and keep.*

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Portishead Open Air Pool 1962—2012 50 Glorious Years of Fresh Air Swimming Happy birthday to us!

Then



... and now

50 year celebrations start on 21 April with an action packed day of family fun

Portishead Open Air Pool opens this year on **Saturday 21 April** with a raft of all day activities planned to celebrate its Jubilee year in style.

The day's special events include:

- Fairground rides
- Craft activities for children (including card making & mask making)
- Tethered balloon rides courtesy of Don Cameron (subject to weather conditions)
- A vintage photographic exhibition showcasing early photos of the pool
- A lucky dip
- Raffle with prizes awarded throughout the day

At 12.30pm, the Chairman of the Town Council, Arthur Terry will perform a symbolic kettle pouring ceremony just like the one performed at the pool's opening 50 years ago. Meanwhile Jemma Cooper, the BBC weather girl, will be on hand to chat to swimmers with her roving microphone and local MP Liam Fox will also attend.

Heritage Estate Agents, who are celebrating their 10th birthday, are sponsoring the pool this year and will be selling tickets for a balloon race in aid of pool funds. Tickets are already on sale at their High St offices and they will also be selling them outside the pool on 21 April, before a mass balloon launch at the end of the day.

The day's activities will be from 11am – 4pm.

"This is a special year for us," says chairman David Coombes. "Only 4 years ago we were faced with closure but the community pulled together to keep it open. It's been a lot of hard work but now we've reached our jubilee year and we're delighted!"

The pool first opened in April 1962 when the population of Portishead was about 10,000.

Our Jubilee season of celebration is set to continue with forthcoming events including a mini Olympics planned for participating schools and a 60s fashion show among others.

Full details of prices and opening times can be found on the website: www.portisheadopenairpool.org.uk

Evening Post to feature Pool in special supplement

Bristol Evening Post celebrates its 80th birthday on the same week as the Pool's 50th, and to mark the occasion they are producing a special supplement on **Friday 20 April** with articles on the history of the pool, interviews with pool users and planned celebrations for our anniversary year. Look out for it on the newsstands!

Fancy a challenge?

The Pool is set to host two popular Triathlons this summer, and one of them is likely to appeal to those of us who have always fancied having a go, but thought triathlons were only for the super fit.



This is the **Self-Transcendence Somerset Try-a-Tri** on Sunday 1

July, starting at the Pool at 8.30am. It's a great way to get a taste of Britain's fastest growing endurance sport. New for 2012, the Sri Chinmoy Athletic Club UK is promoting this as 'The Perfect Beginner's Triathlon' and also the perfect practice race for anyone planning to do the Bristol Triathlon later in July. It starts with 8 lengths of the pool, followed by a bike ride of 17k between Portishead and Clevedon and a 3k, two lap circuit of the Lake Grounds. Anyone 15 or over is welcome to enter. Click [here](#), for more details and to enter online.

For old hands, there is the welcome return of the **Portishead Triathlon** after a sell-out year in 2011. It takes place Sunday 17 June - wave starts from the pool from 7:30 to 10:40am. Our great coastal location and superb outdoor 33m pool venue means this event is already creating a buzz in the Bristol area. With a top sponsor on board and some renowned triathlon clubs in the vicinity, this race looks set to be just as popular in its third year.

Race Distance

Triathlon: 400m pool swim, 25k bike, 5k run.

To enter online, go to

http://www.dbmax.co.uk/store/event_info/24

New look for the Pool online

Our Strategy Group have been working behind the scenes for the last few months to update and improve the Pool's online presence. Why not check out the following now and sign up to get all the news hot off the press!

Facebook: we now have an official Page, which is taking over from the old Group. This is where you will be able to find out what's going on – special events, 50th anniversary celebrations, fun days, special opening times, vacancies and more. Please Like Us on our new [Page](#) to support the dedicated team of volunteers who work tirelessly to keep the pool open so generations can enjoy this gem of an attraction for years to come.

Twitter: if you are a Twitter fan, you can now follow us on [@PortisheadLido](#), the name for our Pool page. As with Facebook, you can use it to keep up to date with all things poolside.

YouTube: our dedicated video channel [madaboutswimming](#) is where you will find clips of fun activities at the pool, volunteer work during the winter, our fundraising activities, and the original makeover in 2009. If you have any video clips on the pool you would like to share with us, please email us at ppctnewsletter@gmail.com

Website: Our new look website will be up and running soon, with lots of exciting new features, including a members only area. Rest assured the volunteer sign up page will be just as easy to navigate.

Lido Kitchen makes a splash at the Pool

Well known Bristol restaurateur James Savage is behind the newest incarnation of the Pool cafe, which opened as The [Lido Kitchen](#) on 30th March. It is the latest venture for James and his team who also run Bristol restaurants The Spotted Cow, the Bank and the Big Chill, and the last few weeks have seen a major refurbishment to give the cafe a 1960s retro feel which ties in with the pool's 50th birthday this year. James, 44, said "We chose the pool as it is such a fantastic location and there is nothing quite like it in Portishead—it really is a unique venue. What we have provided is a quirky, individual restaurant which I think will be welcomed by the people of Portishead."

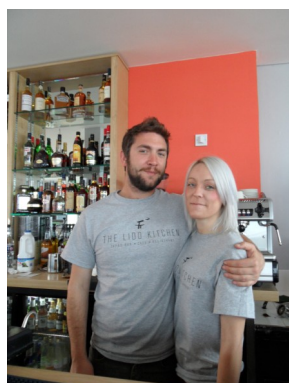
"We chose the pool as it is such a fantastic location and there is nothing quite like it in Portishead"



Head chef Nathan Muir

At the helm is multi-award winning chef Nathan Muir. Formerly a chef at Terence Conran's Bibendum, Nathan spent four years as head chef at Gloucester Road's Robins Hood's Retreat before turning The New Inn at Backwell into a food-led pub and ensuring its entry into the prestigious Michelin Guide. Nathan told me that his aim is to put on everyday nourishing food without pretence, and all with fresh locally sourced produce. "Our style is a mix of traditional and modern, and our menu has a range of dishes to suit all tastes and occasions from a quick sandwich to a celebration meal." Kids are catered for too—not just the usual offers of burgers and bangers, but smaller versions of adult meals and even mini tapas to tempt the more sophisticated junior palate.

Front of house, I met manager Sian Breward and assistant manager Dan Beswick. Sian originally comes from Co Durham but has lived and worked in the States for some years, and has a definite mid-Atlantic accent. She is a trained dancer and choreographer but as show business can be a precarious career her father suggested she got another string to her bow. She is really excited about fronting James' new venture at the Lido Kitchen and is working hard with her team to make the restaurant a leading venue in Portishead.



Dan and Sian

Dan was well known for his imaginative cocktails at the Tiki Cocktail Bar & Grill in Whiteladies Road before coming here. He told me that he is really enjoying his new location and particularly the beautiful sunsets. He is looking forward to mixing up his favourite cocktails for the customers, including a Victorian Mojito, a jazzy Pimms and his frozen fruit

Margarita, and is working on a special concoction for the Lido Kitchen. He is also a keen guitar player and is planning some live music as well as events themed around old school fetes, hog roasts and a fancy dress beer and cider festival in the summer.

We'll look forward to that Dan, and judging by the first weekend I'm sure it will be a success. The restaurant was fully booked for the first week before it opened, so your editor and seven friends were lucky to get a table for the first Friday night. There was a real party atmosphere when we arrived at 8pm—not the best night for a romantic dinner for two, but we were there for a birthday celebration so it was just what we wanted. Even though the staff were rushed off their feet, the service was prompt and the food was fantastic. Two of us had tapas, which were really good especially the Moorish kebabs - very more-ish! And the chocolate pots with honeycomb were to die for. James told me the tapas were particularly popular so they are going to work on increasing the range. Each tapas dish is priced at between £3.35 and £4.50 (see below), but offered as a deal at £10 for three. For a menu ditherer like me, that sounds like the answer to a prayer!



Plenty of choice, plus an a la carte menu

Mini Olympics—9 July Last call to schools



Schools who have not yet registered to take part in the Mini Olympics at the pool are being urged to come forward as soon as possible. There are a limited number of places left (in particular for

secondary schools) for swimming events that will take place in the week commencing 9 July. Each school will be allocated a day to bring all years to compete against other schools, with a medal ceremony being held at the end. We hope to have a special guest presenting the medals and the day will end with a large pool inflatable for all to enjoy. For more information and to register, contact Jackie on 07816 511249. **Deadline for registering is Friday 20 April.**

A prescription for Portishead: Live longer, live happier and healthier – swim three times a week in the open air pool

by Professor David J Gunnell

We all know that exercise is good for us. A recent study published in one of the world's leading medical journals - the Lancet - found that people who exercised for 90 minutes or more a week lived on average 3 years longer than those who did not exercise.

The benefits of exercise on heart disease are perhaps the most well known. But exercise also reduces the risk of depression, cancer and osteoporosis. Clinical trials suggest exercise improves mental health and reduces stress levels. Taking more exercise is also a natural way to lower our blood pressure, cholesterol and weight.

Swimming is a particularly good form of exercise as it exercises both our arms and legs, does not cause the stress on joints that may occur from road running and some other forms of repetitive exercise (although the lack of weight bearing with swimming means it does not reduce the risk of osteoporosis). Swimming is safe during pregnancy and physiotherapists use the support given by the water to help athletes and non-athletes get mobile and regain muscle strength after injury.

Open air swimming has many added bonuses over and above those of swimming indoors. The exposure of our skin to natural light boosts vitamin D levels. Vitamin D in turn protects against bowel cancer and improves bone health. There's also evidence that vitamin D may protect against heart disease

and diabetes - this is an area of ongoing research and clinical trials.

Getting out in the fresh air and sunlight is also good for our moods - insufficient sun exposure is associated with depression in some people - so called seasonal affective disorder. Sun exposure helps combat this depressing condition. Do remember though not to overdose on the sun - don't let your skin get red and burnt - too much sun exposure can lead to skin aging and skin cancer risk.¹ For more information follow this [link](#).

So our prescription for the people of Portishead is 2-3 thirty minute open air swims a week. You'll live a longer, healthier and happier life.

[Or, as one of our sporting local GPs commented, we can be reassured that we can rest for 23.5 hours a day....]

¹Ness A R, Frankel S J, Gunnell D J, Smith G D. (1999) Are we really dying for a tan? *BMJ*, Vol 319, pp114-6.

David Gunnell is a professor of epidemiology at Bristol University School of Social Community Medicine. He lives in Portishead with his wife Gill and daughters Emma and Rose, and the family are regular pool users. David is a member of the Trust, a former Trustee and one of the original campaigners to save the pool.

Staff Vacancies



We still have vacancies for Lifeguards, Duty Managers and a Pool Manager for the 2012 season so deadlines have been extended until 14 April.

Lifeguard/Duty Manager- if you are a qualified lifeguard, check out our website for the job descriptions.

Manager—We are looking for a responsible and experienced individual to act as Pool Manager for Portishead Open Air Pool for the 2012 season and possibly beyond. The main purpose of the post is to oversee the day-to-day running of the Pool, act as line manager to the duty managers and lifeguards employed by Portishead Pool Community Trust and prepare the Pool for opening at the beginning of the season and for closure over the winter.

Friends of Bude Sea Pool sign 99 year lease with Cornwall County Council

We are delighted that our counterparts at Bude, FoBSP, have been granted their long awaited 99 year lease. Like our Trust, the group was formed after pressures on council budgets threatened the future of the iconic 1930s pool.

Their chairman, Paul Tilzey, said "Like most of the people of Bude I have a love affair with the pool. As children we played, jumped, dived and swam, with no restrictions, in the safe confines of the pool and it is only right that we should allow our children, and children for generations to come the privilege of using the facility." Mr Tilzey added that, as a major tourist destination, it was vitally important to look after Bude's "iconic structure".



The pool is topped up twice a day at high tide—one of the few tidal pools left in the UK

Go to <http://www.portisheadopenairpool.org.uk/> .

Pool gets spruced up for new season

Volunteers and contractors are putting on a final sprint this week to make the final touches to the winter works ahead of our 50th anniversary season. Visitors will see quite a few changes since the shutters came down last October, including a dedicated disabled changing facility which was funded by our NatWest Community Force win last year plus a donation from Waitrose customers. We were also able to buy a specialised pool access ladder costing £1500 to help people with restricted mobility get into the water.

Other improvements include extra ventilation in the ladies changing room, and a partition wall to transform the communal room into a store room and a new function room with access from poolside.

We have also replaced the paving slabs between the tuck shop and the children's pool as part of an ongoing programme, so hopefully there will be no more stubbed toes.

As anyone in Portishead with a coastal view will have noticed,

we have also freshened up the walls with a new coat of paint. The tuck shop may have to stock up on Ray Bans this season, but we are assured that the bright hues will soon fade down!

Trustee Andy Thatcher, said: "These changes have cost around £11,000 which was put aside from last year's profits, and £5,000 of this is being spent on a new pool cleaner, just in time for the pool's 50th anniversary on April 21."

"We see lots of volunteers from Portishead including students from Gordano every Wednesday and it's great to see so many people getting involved."

Don't forget we always need more volunteers to help with the upkeep of the pool during the summer and man the reception and tuckshop. If you want to find out more about volunteering, phone Ann on 07813 095126 or to sign up, go to the [volunteer section of our website](#). Pics below and overleaf of some of our volunteers and contractors in action:



Many hands make light work. (clockwise from top left: Heather Pugh, Johnny Marsh, Martine Hawley, Steve Lewis and Brian Bays)

Pool gets spruced up contd.....



Clockwise from middle left: Dave Skelhorne, Andy Thatcher and Joyce Cooper braving the elements; Bryan Farrell and Dave Russ form doorway to new store; builder John Gale clearing access to new function room; Mike Pugh on tea boy duty; Trevor Mogg of Tam Engineering fitting new access ladder; new ventilation to ladies' changing; Joyce Cooper restoring paint on pool cover housing; Richard Nuell cleaning the pool (not harpooning tardy swimmers!)

Season Tickets on sale now

Season tickets are now available for the 2012 season. Just go to our website. Buying now means you can collect your season ticket on Opening Day, less queuing, and it's excellent value for money, at the price of just one swim per week!

<http://portisheadopenairpool.org.uk/prices.php>

Prices and Opening Times 2012

Here is your cut out and keep guide to the pool's prices and opening times for the coming season:

| Prices 2012 | |
|---|--------|
| <i>Please note that we are currently unable to take credit or debit cards</i> | |
| Single swims | £ |
| Adult Swim | 4.50 |
| Junior (2-15) | 3.00 |
| Student (with card) | 3.00 |
| Senior (60 and over) | 3.00 |
| Family of 4 (£2 per extra child) | 12.00 |
| Spectator | 3.00 |
| Saver Swim cards 12 for 10 | |
| Adult | 45.00 |
| Concession | 30.00 |
| Season Tickets | |
| Adult | 100.00 |
| Concession (see above) | 60.00 |
| Family (1 adult +2 children) | 180.00 |
| Family (2+2) | 220.00 |
| 3 or more children—per child | 40.00 |
| Pool Hire | |
| Single Lane/hour | 25.00 |
| Club pool hire/hour | 70.00 |
| Club half pool/hour | 45.00 |
| 1st hr for parties (up to 25) | 90.00 |
| Per additional hour | 75.00 |
| 1st hr for parties (26-80) | 140.00 |
| Per additional hour | 125.00 |

| Opening Times 2012 | |
|---|-----------------|
| 21 April—19 July (Term time) | |
| Saturday, Sunday. | 8.30am-7pm |
| Bank holidays | |
| Monday, Wednesday, Friday | 7-8.30am; 1-7pm |
| Tuesday/Thursday | 1-7pm |
| June Half term week and School holidays 20 July—2 September | |
| Every day | 8.30am—7pm |
| 3 September—closing date (Autumn term) | |
| Times and closing date to be confirmed but expected to be 23 September | |
| Occasionally opening times may be modified for special events—check our website for details www.portisheadopenairpool.org.uk , ring 01275 843454 or check for updates on our Facebook page: www.facebook.com/PortisheadOpenAirPool | |
| And Like us to receive updates straight to your Newsfeed! | |