



Portishead open air pool

e NEWSLETTER

Issue 12, August 2012

Just as we were beginning to think summer would never arrive, the sun came out and surprised us, right on cue for the school holidays. As you will read below, it was the best week of the season so far for visitor numbers. We are back now to our normal south-westerly airstream and can only keep our fingers crossed for another week to salvage our miserable summer! Despite the showers, we have still had some amazing fun at the Pool this year, including our own mini-Olympics and a successful 60s evening and fashion show, both featured in this issue, along with our popular Meet the Team feature. On a more serious note, the Lake Grounds is threatened with the introduction of car parking charges which could have worrying implications for the future of the Pool. See details on page 3 on how to support us in opposing this.

ppctnewsletter@gmail.com

School's out and so is the sun!



School's out! Toby Manson, eight, plays with a beach ball as people flock to Portishead Open Air Swimming Pool today

The first week of school holidays combined with the best weather so far this year brought record numbers into the Pool every day, making it the busiest week since the Trust took over the running of the Pool in 2009. Between Saturday 21 and Sunday 29 July, over 7,000 people came to swim and sunbathe on the terrace, the busiest day being Thursday when 1,727 came through the turnstiles! For most of the week, queues formed outside the Pool from mid-morning and at times we were at capacity, as temperatures soared as high as 30 degrees.

Manager, Ann Hailwood, said "With the weather being so fantastic, we have had record numbers this week. It is unusual to get so many days in a row when the weather is this good. When the sun comes out, so do the people, which is great news for the Pool as the good days make up for the days when the weather is not so good.

"The Pool has been so busy we have had to use our busy day policy every day this week and from about 10am there have been queues of people waiting outside to come in. It's all been very good humoured and people have been more than happy to wait for a bit so they can get in and have a swim.

"It really has been a record breaking week and the tuck shop has done a roaring trade."



Splashdown: Eva, six, from Bristol, starts the school holidays with a splash as she dives into the Pool

Pictures from online Daily Mail on 25 July— to read article and see more pictures from around the country click [here](#)

Open Meeting

The end of season open evening for PPCT members, Pool volunteers and supporters, will be held on Tuesday 11 September starting promptly at 7.30 p.m - venue to be confirmed on our [website](#) and [Facebook](#). The format will be the same as the meetings earlier this year, with updates from the trustees and the subgroups together with an opportunity for people to ask questions, raise issues, and make suggestions. Nibbles will be provided, and there will be an opportunity for informal chatting and catching up. Feel free to let us know beforehand if there is anything in particular that you'd like to see on the agenda. Look forward to seeing you there!

Mini Olympics at the Pool a great success!

Mini Olympians from four Portishead schools left the Olympic themed swimming gala organised at the Pool with wide smiles on their faces on Monday 9 July 2012.

Two hundred children in years 3 to 6 from four local primary schools in Portishead - Trinity, High Down, Portishead Primary and St Peters - took part. There were incredibly impressive swimming displays as the school teams and individuals battled it out in various races including breast stroke, front crawl, back stroke, 100m freestyle and 4 x 33m relay.

"It was a fabulous day and a great way to celebrate the Pool's 50th birthday and the Olympics"



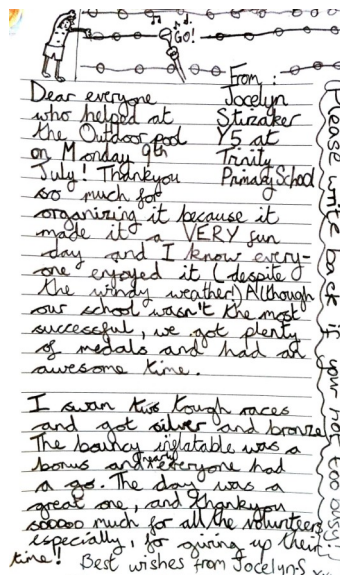
Councillor John Clark presents the gold, silver and bronze medals

High Down School took the Gold medal for best school overall, but there lots of happy faces proudly displaying their medals and simply happy to have competed. It was certainly a day to remember for not only the participants but the spectators and the many volunteers who helped to make this day possible.

Retired Head Teacher at Highdown Junior School, Arthur Grannan, was a magnificent compere and motivator for the day ensuring the children were in the right place at the right time. All the children received a cap with the Pool logo, a free drink and a certificate of participation, and winners ascended a podium to receive their medals from the Chairman of Portishead Town Council John Clark. An inflatable was also provided at the end for the children to play on, which completed a very enjoyable day for everyone.

The standard of swimming was high and the children were very proud of their achievements. For the winners, being able to receive their medals and stand on the podium in true Olympic style, made it all the more rewarding. Some even went to school the following day wearing both their caps and their medals!

Organiser Brenda Birkinshaw said "It was a fabulous day and a great way to celebrate the Pool's 50th birthday and the Olympics. It was a great opportunity for the children not only to experience the Pool but also to feel what it would be like to compete in an event like the Olympics".



Thank you letter from Jocelyn in Yr 5 at Trinity

We must thank two generous donors, the town council and an individual wishing to remain anonymous. While the original plan for 2 weeks of Olympics was slimmed down due to the difficulty of meeting school schedules, remaining money was allocated to fund the inflatable that children have been enjoying when weather permitted.

The day was organised by a handful of dedicated Pool volunteers who have been planning the event for over a year, with many more coming forward to help on the day. The Trust was also keen to give something back to the community for their support over the three years since it was saved from closure.

Response, after the event, from schools, parents and children has been overwhelmingly positive with many requests for this to become an annual event. The publicity it has generated has also given the Pool an enormous boost which will help to encourage more people to use the Pool.

A big thank you must go to all those who took part and all the wonderful volunteers who worked so hard before and on the day to make it such a success.



Inflatable fun after the Games

MEDALS TABLE	GOLD	SILVER	BRONZE
High Down Junior School	27	19	10
Portishead Primary School	8	13	15
St Peter's Primary School	3	3	7
Trinity Anglican Methodist Primary School	0	3	4

Pool hosts Swinging Sixties Fashion Show



Models took to the catwalk at Portishead Open Air Pool in retro swimwear for a sixties fashion show as part of celebrations to mark the lido's 50th birthday on Saturday 21 July.

Bathed in glorious sunshine, guests were treated to a swim in the heated Pool before the show, created by Gordano School student Lauren Parish, got underway. Fashion items and garments from throughout the decades were represented, beginning with the sixties, the decade in which the Pool was first opened. Joe Chapman from the Co-op made a great compere, while Stacie from Snippets created hairstyles for the models, and Sue from Glad Rags lent many of the clothes and accessories on show.



Trustee Jane Humphreys said: "It was a great way to raise funds for the Pool in our 50th anniversary year, and we really appreciate everyone's efforts this year especially because the bad weather so far has seen our income drop. We would like to thank everyone who gave up their time to make this event happen, particularly the students from Gordano School who worked with us on this fund-raising event. Thanks also to [Approved Access Scaffolding](#), who donated and erected the scaffolding for the stage and Peter Cook for lending us his PA



No Time for Sightseeing entertain the crowds

system, as well as [Morgan Westley](#), and DRC Property Maintenance".

Some of the party-goers joined in the fun by wearing their own vintage outfits and the retro theme continued with sales of old-fashioned sweets from the Pool's volunteer-run tuck-shop. A cake competition was judged by the chefs from the [Lido Kitchen](#) and the cakes were later sold to add to the funds.

The evening was rounded off by a performance from local band [No Time for Sightseeing](#), who performed a range of 60s classics.

Parking Charge Fears for Lake Grounds

We understand that North Somerset Council have just approved the introduction of parking meters in Weston Super Mare town centre. It is now extremely likely they will also look at parking charges for Nailsea, Clevedon and Portishead including the Lake Grounds and Esplanade Road.

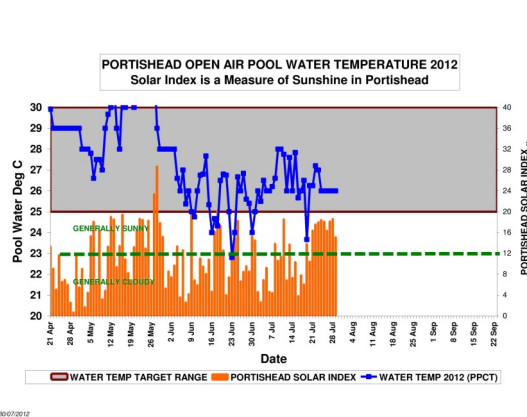
Currently customers, staff and volunteers can park within walking distance of the Pool and stay all day if they wish – the significant extra cost of parking will lose us customers and the volunteers needed to run the Pool.

Plans to introduce parking charges in the town around ten years ago prompted massive objections from residents and traders who collected several thousand names on a petition, forcing the idea to be dropped.

Now is the time to take action again. We currently have a petition running at the Pool, which has been well supported. We have also set up an online petition so that we can spread the message and get as many people as possible to help us urge the Council not to introduce parking charges to the Lake Grounds.

If you care about this wonderful facility, which so many local people fought to save from closure four years ago, please [click on the link](#) and sign now. Thank you.

Pool Temperatures



Generally water temperatures have been kept at good levels bearing in mind some cold weather earlier in the season and a few problems with the biomass boiler; the old oil boilers have been kept in order and have served a useful purpose recently. The solar index shows, as we know, that weather has been generally poor this year up to 21 July.

Water quality is monitored on a regular basis through each day and chemicals are adjusted accordingly. The independent bathing water spot tests have all been excellent - see the latest one below.



ANALYTICAL REPORT

For: Portishead Open Air
The Espalande
Portishead
BS20 7HD

Report No: POA/140612/1a
Report Date: 20th June 2012

Date Sampled: 14th June 2012
Attn: Mr A Thatcher

UKAS Testing No: 1111

	Open Air Pool	Recommended Levels
TVC 1 day @ 37°C (cfu/ml)	<1	<10
Total Coliforms (cfu/100ml)	<1	<1
E Coli (cfu/100ml)	<1	<1
Pseudomonas Aeruginosa (cfu/100ml)	<1	<10

Comments
On the parameters determined, the pool was found to be microbiologically suitable for use.

Mr P Green
Technical Director



Advance Environmental Ltd, 19-21 Boundary Road, Brackley, Northamptonshire, NN13 7ES
Tel: 01280 705530 Fax: 01280 705583
www.advance-environmental.com

The up to date version of the temperature chart can be viewed at <http://www.williamhunter.co.uk/ZINC/Poolinformation.htm> and chemistry buffs can view similar charts for pH and free chlorine.

Meet the Team

(1) Tina Eason - Lifeguard

Hi, I'm Tina Eason and this is my fourth season lifeguarding at the Pool. I was born and brought up in Westbury-on-Trym and went to Monks Park School. I learned to swim at Bristol North Baths in Gloucester Road but have happy memories of visiting Portishead Pool with my family when I was growing up. I've had



lots of jobs since I left school, starting as a warehouse assistant at the old CWS in Bath Road and then becoming a driver in the WRAC, serving part of my time in Northern Ireland as a searcher at checkpoints. Back on Civvie Street, I worked as a conductor on the buses and later as a bus driver on the country routes, including Bristol to Portishead. I met my husband John 'on the buses' as he was a technician for the Bristol Omnibus Company. After a spell as a lollipop lady, I now work for the NHS Blood Transfusion Service as a venepuncturist (the technical term for taking your blood!)

I have always loved sport and used to run competitively with the Great Western Running Club but a few years ago at the age of 46, I decided to train as lifeguard and worked at Henbury Leisure Centre in my spare time.

My recent involvement with the Pool started when John and I happened to be swimming there on the last day of the 2008 season - I remember it well as it was my 49th birthday. It was a lovely day and everyone was having a wonderful time but it was tinged with sadness because the Pool was closing, we thought, for the last time. Then we heard about the protest movement to save the Pool for the community and we threw ourselves wholeheartedly into the campaign and later got involved in the makeover. I am proud to be able to say I did the first lifeguard shift on the high chair on opening day 2009 and was in the first team to be trained to use the new Pool cover.

Since then, I have been working regular shifts on weekends and John helps out with maintenance whenever he can. I keep up the level of fitness required by training regularly at Fitness First Gym and I love working with the younger lifeguards who certainly keep me on my toes. I intend to carry on lifeguarding at the Pool for many seasons to come helping everyone to enjoy themselves in a healthy and safe environment and contributing towards a wonderful community enterprise.

Meet the Team (2) Tina Joseph - Duty Manager

Hello, I'm Tina Joseph and I started at the Pool in May as Duty Manager. I was born in 1977 in Bristol and was brought up in Knowle West before moving to Bath with my family when I was eight. As a child, one of my favourite outings was a trip to Portishead Open Air Pool but I can remember suffering heatstroke from queuing outside on a particularly hot day waiting for the Pool to re-open after lunch!



After leaving Hayesfield Girls' School in Bath, I worked for an overseas development charity as a fundraising supervisor before moving to London as a full time volunteer working with adults with disabilities living in their own homes. We were paid £25 a week living expenses plus rent and my fiancé and I were so strapped for cash we had to fund our wedding by taking part in medical research.

We fostered 8 children over the next 4 years and we moved to Portishead when our son Korben (now aged fourteen) was 7 years old. As well as working at the Pool, I spend one day a week teaching at HMP Bristol on a dyslexia project. I have also just completed my criminology degree at UWE (I found out that she graduated with 1st class honours – congratulations Tina! – Ed.) and I intend to start a post graduate course in teaching adults and an MA in lifelong learning next year. My interest in adult education stems from the fact that both my parents and my older brother were illiterate until I started college – the three of them started college with me, in their case to learn basic literacy, and I have seen the difference it has made to their lives which has motivated me to help others like them.

I am really enjoying my job at the Pool and love working with the friendly staff and volunteers and the wonderful customers. The star of course is the Pool itself which is a wonderful asset to Portishead and we are so lucky to have it on our doorstep – I only wish I had more time to swim in it!

Why not like our Page on Facebook or follow us on Twitter and keep up with Pool events online? Just click on the links to [Facebook](#) and [Twitter](#)

Best Swimming Workout: Lose Body Fat in the Pool

Readers wanting to make the most of the exercise benefits of swimming will be interested in the following article by Selene Yeager which appeared online in the US magazine [Women's Health](#)

Swimming workouts burn fat, trim inches and help you get stronger, fitter and healthier than ever .

A pool might not be the first place you think of going when you're looking to shape up and slim down— but perhaps it should be. No other workout burns calories, boosts metabolism, and firms every muscle in your body (without putting stress on your joints) better than a [swimming workout](#).

Look no further than superstar Natalie Coughlin to observe how water can whittle a sexy, sculpted silhouette. And you don't have to be an Olympic gold medalist to get the perfect body. When researchers at Indiana University compared recreational fitness swimmers with non-swimmers, they found that swimmers of all ages had more lean muscle and trimmer waists and hips.

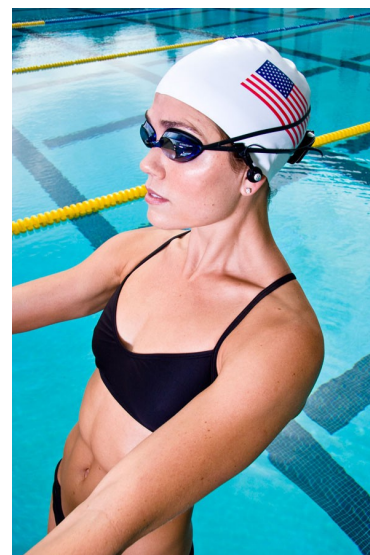
And while swimming may not offer the lace-up-your-shoes-and-go convenience of running, all you need are three key items—swimsuit, cap, and goggles—and you're set to hit the water. So go ahead: Make a splash with one of the best workouts for women!

Why Water Works

The body-shaping benefits of swimming are the result of a perfect storm of calorie burn and muscle recruitment. An easy swim burns around 500 calories an hour, while a vigorous effort can torch almost 700. And because water is nearly 800 times denser than air, each kick, push, and pull is like a mini resistance workout for your entire body—especially your core, hips, arms, shoulders, and glutes. So in addition to blasting calories as you swim, you build lean muscle, which ignites your metabolism so that you burn more calories once you've showered and dried off.

The irony is that while swimming makes you lean and mean, it's also kind to your body. Water basically neutralizes gravity, so you become virtually weightless when immersed, giving your joints a much-needed vacation. "You can swim almost every day without risking injury," says Joel Stager, Ph.D., director of the Counsilman Centre for the Science of Swimming at Indiana University at Bloomington, who has studied the effects of swimming for years. "You can't say the same for running or strength training."

(Continued on page 6)



Feel Good and Get Active at the Ecover Blue Mile, Plymouth 8 & 9 September 2012

This year, the [Ecover Blue Mile](#) flagship event is returning to Plymouth and will take place in the Barbican and around Plymouth's historic waterfront on the opening weekend to the Marine City Festival (08th and 09th September 2012).

The Ecover Blue Mile is a mass-participation water sports event designed to get the nation feeling good whilst getting active and raising vital funds to support the work carried out by leading environmental charity, WWF, to help protect our rivers and seas.

A full two day [programme](#) of water activities that includes the [Ecover Blue Mile open water swim](#), [kayak](#), [stand-up paddle board](#) and [Aquatriathlon](#) (all three disciplines combined in one event for individuals and corporate teams), plus new to the programme for 2012 is a [half mile open water swim](#), and the one mile [Walk for Water](#), which follows a panoramic route around Plymouth's stunning waterfront.

To complement the water programme, the Event Village situated in Commercial Wharf, West Pier and West Quay Point will provide a mixture of educational exhibits, retail and entertainment themed around water, watersports and marine conservation, aiming to connect both participants and spectators with the natural blue environment and providing entertainment for all the family to enjoy.

Entry into the [Ecover Blue Mile](#) and [Half Mile swim](#) events includes swim hat, timing chip, event goodie bag, event t-shirt and one free single ticket to the National Marine Aquarium (valid only for the day of participation) per entry.

So why not join thousands of people across the UK, feeling good by getting active and raising vital funds to support the work carried out by WWF to protect our rivers and seas, by taking part in the Ecover Blue Mile, Plymouth flagship event over the weekend of 08th & 09th September 2012

West Country Magazine

After our appearance in last month's issue of Vogue, now look out for the bumper late summer (September) issue of West Country Magazine which is featuring some popular swimming venues in the region including of course our very popular Pool! Hopefully we will be mentioned in the article, but I am assured there will be a photograph. The magazine will be on sale at W H Smith and local newsagents (including Portishead Post Office) from 16 August. *(I checked out the current issue and it looks like a really interesting read—Ed)*



If anyone has any idea what might have happened to the painting - an underwater scene with tropical fish—that hung in the cafe before the Makeover—could they please contact Mr Singer, 42 Halbrow Crescent Fishponds, Bristol or ring 00179651953. Thank you

(Continued from page 5)

And that makes swimming something you can do for your entire life—a major bonus because it can literally help you stay younger: "Our research shows that habitual swimmers are biologically up to 20 years younger than their actual age," Stager says. The data, which were presented at an American College of Sports Medicine Conference, revealed that a swimmer's blood pressure, cholesterol levels, cardiovascular performance, central nervous system, and cognitive functioning are all comparable to someone far younger.

The Starting Block

Most newbies hit the pool with high expectations. They jump into the water all gung-ho and plan to swim for a solid half hour. "Four minutes later, they're inevitably hanging onto the edge, feeling completely defeated," says Joel Shinofield, head swim coach at Washington and Lee University in Virginia.

That's because training in water requires your cardiovascular system and muscles to work differently than they do on land. Your lungs have to adjust to a new way of breathing (you can't suck in air anytime you want like with dry-land workouts, and unlike any other form of exercise, swimming requires every muscle in your body to work as a team to keep you moving and staying afloat.

"The key to an effective swim routine is splitting it into shorter segments, mixing in a variety of work and rest intervals, and using different strokes, drills, and intensities," says Shinofield. "It's not only more interesting but also a better workout." Don't worry that you're wasting time by taking rest breaks. "Swimming isn't like walking, during which your heart rate drops quickly. It stays raised for at least 30 seconds after a few laps," he says.

Try this starter workout: Swim four lengths of the pool at an easy effort (catch your breath at the wall between lengths if you need to). Rest for 30 seconds. Repeat five to 10 times. Try that two or three times a week for the first two weeks. If you haven't swam for a while, use a kickboard for the first four lengths, suggests Robert Pearson, head swim coach at Macalester College in Minnesota. It will help you get used to swimming without having to coordinate your arms and legs.

Different Strokes

Freestyle is a fan favourite because it's easy to learn and it burns major calories. But it pays to mix things up. "Using various strokes balances your muscles and helps beat boredom," says Shinofield. Two to try are backstroke which improves your posture by working your back and shoulder muscles) and breaststroke (it uses the hip and inner-thigh muscles, which are often missed in other workouts). Get the most from each stroke by following this advice from Shinofield:

Backstroke

Eyes up. Look straight up at the sky or ceiling—not at your toes, which causes your hips to sink—so your head is in line with your spine. Make a Y. Reach back with each arm at a 45-degree angle to your body; it places less stress on your shoulders and makes your stroke stronger.

Breaststroke

Sweep through. Reach your arms overhead, palms together. Rotating your palms outward, pull down until your hands are nearly level with your chin. Bring your hands inward by your chest, then reach again. Whip it. Bend your knees and bring your heels toward your butt. Turn your toes outward and kick your legs back and together (like a frog) as you extend your arms forward.

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