

DRUMSHEUGH BATHS CLUB

APRIL NEWSLETTER | VERSION 9

In this Issue

Trial Classes - Pilates and Circuits
Strength Training Benefits
Towels
Bike Parking
Chimney graffiti
New Members Evening
New Directors applications

Additional Classes - Weekends

Our trial classes, circuits by Joe and Pilates by Rachael Chambers are running on Saturdays at 10.45 and 12.00 for another month. There are spaces left in both classes, please try them out.

Benefits of Strength Training for Older Adults

Many members who use the gym or attend strength classes are aware that strength training with weights is not just for the young; it is essential to healthy aging for older adults. As we age, our bodies naturally change, including the loss of muscle mass and strength. However, through targeted and progressive strength training, older adults can lessen these effects, preserving mobility, balance, and overall functionality well into their later years, by improving their quality of life and making day-to-day tasks easier.

What is strength training?

Strength training involves exercises that use resistance to build muscle strength and endurance. It can include lifting weights (dumbbells, barbells, kettlebells, slam balls, power bags), using machines, or doing bodyweight exercises like push-ups and squats. The goal is to gradually increase resistance over time to make muscles stronger.

Why should you strength train as you get older?

- **Maintaining Muscle Mass:** As we age, we naturally lose muscle mass. Strength training helps counteract this by building and maintaining muscle mass, which is essential for maintaining mobility, balance, and overall functionality.
- **Improving Bone Health:** Strength training can help increase bone density, reducing the risk of osteoporosis and fractures, which are common concerns in older adults.
- **Enhancing Functional Abilities:** Strength training improves overall strength and endurance, making everyday activities easier to perform. This can include tasks like carrying your shopping bags, climbing the Drumsheugh Baths Club stairs, or getting up from a chair.
- **Reducing the Risk of Falls:** Strengthening muscles, particularly those in the legs and core, can improve balance and stability, reducing the risk of falls, which can have serious consequences for older adults.
- **Managing Chronic Conditions:** Strength training can help manage various chronic conditions commonly seen in older adults, such as arthritis, diabetes, and heart disease. It can improve blood sugar control, joint function, and cardiovascular health.

- Promoting Independence: By maintaining strength, mobility, and functional abilities, older adults are better able to maintain their independence and quality of life as they age.

If you would like advice or a programme for the gym please contact Joe (staff@drumsheughbaths.com) or Pascal (pascalsime@hotmail.co.uk) for one-to-one sessions.

Towels

One of the unique selling points of the Drumsheugh is the provision of freshly laundered towels for members to use. Last year we estimate 50 towels were removed from the Club. The replacement of towels is costly. Please do not remove towels from the Club, and each member should limit towel usage to one large and one red towel per member per visit.

Bike Parking Update

Last year we were in discussions with Edinburgh Council about the installation of secure bike parking loops outside the Club. After a visit from the Council, we were informed that our location would be added to the Council's list of proposed locations for loops, and that these would be supplied and installed this year. Unfortunately, we have just been informed that there is no funding available to carry out any of the bicycle parking projects on their list and our application has been passed onto Transport Scotland.

This process may take a considerable length of time and in the meantime we are continuing to explore, with the help of our architect, other temporary solutions.

Once the external works to the facade have been completed at the Club, bicycle parking against the building will not be permitted.

The closest secure parking is located in Melville Street (pictured) and members are urged to use these loops to avoid the risk of theft.

Chimney Graffiti

Unfortunately, last week our chimney was subject to vandalism, with someone spray painting graffiti on the chimney. The contractors do have measures in place to prevent this, however, some of these "artists" can be very agile and determined when opportunities arise and this is a risk of having the necessary scaffolding in place. Our architect and contractor have inspected the "artwork" to determine the best process for removal. This will be carried out at an appropriate point in the works programme. The railings on the chimney were scheduled for removal in any event, so that work will be carried out at the same time, to prevent any further instances.

New Members' Evening

We will be hosting a new members welcome evening on Wednesday 8th of May at 6.30 pm in the Members' lounge. We have some spaces still available and if you are interested in attending, please email manager@drumsheughbaths.com

Board Vacancies

Opportunities to join the Board of Directors of Drumsheugh Baths Club. Limited.

Our Club operates as a limited company, and responsibility for management of the business lies with a volunteer Board of directors. Over the next financial year, a number of our current directors will be stepping down, having served more than six years on the Board. An opportunity has therefore arisen for a number of members with the necessary time, commitment, and skills to join the Board.

Required experience for the roles;

As a volunteer director, you will be part of the group responsible for guiding the Club's strategic direction and ensuring that our services meet the needs of our members.

We are looking for those who may have had experience in any of the following areas;

- Communication and collaboration skills through different media gained in corporate or non-profit environments.
- Management skills and/or experience in Human Resources practice gained through experience managing, leading, or working within teams.
- Board, project or committee experience.
- Legal expertise.

The Board meets once a month at the Club and directors meet more regularly in sub-committees depending on their role within the Board.

How to Apply:

If you are interested in becoming a Director of the Club, please send a brief CV outlining your interest and relevant experience to manager@drumsheughbaths.com marked for the attention of Carol Keith, Chair.

Kind Regards
Paul Dunlop
General Manager