

DRUMSHUEGH BATHS CLUB

SUMMER NEWSLETTER | VERSION 11

In this Issue

Jorge Palmero

Building Work - Almost Complete

Sauna Update

Focus on Health - Treat your heart right

Message from Charlie Raeburn, Clubs Social Convenor

Jorge Palmero

Jorge underwent successful keyhole surgery on his knee on Friday 5th of July and his recovery is going well so far. He is now managing to walk unaided around his house, and we hope to have him back working in the Club next month.

Building Work

Renovations are almost complete, a full 6 weeks ahead of schedule, and repairs to the stonework have started on the facade. Members should be aware that bicycle parking against the building is now not permitted. This is a condition of the Edinburgh World Heritage grant awarded to the Club. Our members' terms and conditions/code of conduct has been updated to reflect this and can be found [HERE](#)

We recognise that members who cycle to the Club would like to be able to secure their bicycles safely and so we have been working for the last 18 months closely with our architect and The City of Edinburgh Council to try and secure bike parking bays at the Club; however, this will not happen immediately and unfortunately will take time.

Sauna Update

As you may be aware, the sauna door slipped off its hinges, damaging the door in the process. An order has been placed with our contractors for a new sauna door, side panel and hinges and will be fitted as soon as they are delivered. We are taking this opportunity while the sauna is closed to carry out some additional refurbishment and maintenance and will be replacing some of the wooden seating slats and sub frames.

Once the sauna has reopened, we would be grateful if members could refrain from using the inside sauna door handle as a handrail as we believe this has contributed to the failure of the door hinges.

Focus on health - Treat your Heart Right

The heart is the engine that keeps the body running, pumping blood and oxygen to every organ and tissue. Maintaining a healthy heart is vital not only for longevity but also for the quality of your life. Here's a few reasons why a healthy heart is so crucial:

- Prevention of cardiovascular diseases such as heart attack, stroke and coronary artery disease.
- Enhanced physical fitness which enables efficient blood flow, allowing day to day tasks to feel easier
- Longevity and quality of life, you are more likely to live longer and have fewer health issues throughout life if you have a healthy heart.

There are also many ways in which you can help maintain a healthy heart and reduce the risk of heart disease throughout your life, such as: exercising daily, maintaining your weight, eating fruit and vegetables daily, reducing salt, sugar and fat content and managing the stress in your life.

Date for your Diary- Wednesday 18th September - 18.30
"British Heart Foundation Talk- what to do in an emergency"

As part of our focus on health we have arranged for a representative from the British Heart Foundation to give a talk on the lifesaving process of "Resuscitation and Defibrillation", followed by a short practical session on how to carry out CPR and what to do in an emergency. CPR, or Cardio-Pulmonary Resuscitation, is a critical skill that can mean the difference between life and death in an emergency. All staff at Drumsheugh are Lifeguard trained and refresh their CPR and lifesaving skills (both in water and land-based rescues) monthly during our staff training. However, CPR is not limited to a specific group of people such as lifeguards, and anyone can benefit from learning the basics of CPR.

More information on the evening will be provided closer to the date.

Message from Charlie Raeburn, Clubs' Social Convenor Proposed Programme for Autumn 2024

This open letter, to all members, is intended to encourage ideas with associated commitment where possible from interested members.

While we pause for the summer holidays, can we encourage you to think of ways members can interact with each other? Are there any interests that you would like to share with other members or a group you would like to participate in or promote?

We have regular features, including the book club and "Talking Heads" series. Others, including bridge club and cycle group are likely to be re-launched in the autumn. Following on from these successes we would like to add to the social programme.

Talking Heads

Do you have any suggestions for topics or individuals who could make a "Talking Heads" presentation, areas of interest or expertise, possibly work or other specialist field of knowledge? It might be completely new or something you've done before to another group. It doesn't matter if it's niche or mainstream, there will be members who are keen to listen and discuss whatever topic you propose. We like to put on a series of talks through the period September 2024 to March 2025. Typically, a talk might be around 20 to 30 minutes with a similar period for questions and discussion. We have successfully staged these so far in either the Studio or the Members' Lounge.

In addition, and as part of the "Talking Heads" programme, we are looking for members who are current medical professionals to consider participating in a panel evening session. Currently, the working title of this proposal is "How to live with yourself - until the doctors arrive". If you can participate, please contact Charlie Raeburn, details below.

Clubs/Groups/Sections

Have you ideas for clubs or groups or could you help or assist in the organisation of the book, bridge, cycling or walking groups? Members interested in volunteering, either in a leadership role or supporting the organiser and administrator of these clubs, are asked to let us know or tell us your suggestions, (even if you don't want to be responsible but just want to participate) for new clubs or groups.

Historic swimming (pre-1900)

This is a proposal for a new group to be established to organise learning visits to discover other historic swimming pools and clubs. These could include Western Baths and Arlington Baths in Glasgow and, of course, all the old Victorian pools of Edinburgh. If you have an interest in this, please let us know.

If anything has caught your eye or piqued your interest, please get in touch. No need to be shy or modest, all ideas, thoughts, comments or offers will be gratefully received and followed up on. Please email Paul at manager@drumsheughbaths.com and he can pass your message onto me.

Thank you

The DBC Social and Voluntary Development Team

Kind Regards
Paul Dunlop
General Manager