

DRUMSHEUGH BATHS CLUB

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The Outrun

The Outrun movie, based on Amy Liptrot's 2016 memoir is out in cinemas now. Drumsheugh Baths Club was used as a location for this movie, however blink and you will miss it, as it is a very small feature in the movie.

New Shoe Locker Cubbies

We will soon be adding additional show cubby spaces in the storeroom behind the office. It is expected to give us an additional c400 cubby holes for members to store their indoor shoes. We will also be adding lockers to the area for anyone wishing to use them. Work will begin the week beginning 28th October, so there may be some disturbance in the area while the new units are being fitted.

This is also a reminder to all members that no outdoor footwear should be worn past the foyer area and down the stairs. This keeps the Club as clean as possible throughout the building.

Barre Class

We want more of you to come to Barre: Anna, our Pilates and Barre instructor, shares why Barre is suitable for ALL. The benefits of toning, strengthening and encouraging mobility make it a class not to be missed. Please click on the link below to read Anna's blog on what Barre is and why it is suitable for everyone.

[Let's Talk About Barre](#)

Sauna Handrails

Handrails have been installed inside the sauna. This is to help members get up from the lower bench instead of using the door handle.

Board Communications

After reviewing the ways in which we provide information to members, we have decided to communicate Board decisions in a more efficient and engaging format. Instead of posting Board meeting minutes directly on the members' area of the website, we will include relevant information within the monthly newsletter and specific email updates. We believe this new approach provides clearer summaries of key discussions and decisions and keeps everyone informed in a more concise and digestible way. We hope you are finding our communication has improved and you are all kept updated.

Carol Keith

Chair

Talking Heads

We have had 2 successful member evenings recently. Our talk by Angela McCormack from BHF was very informative with a practical session on how and when to provide CPR in an emergency. For an online CPR training session, please see the link below.

[BHF - Learn CPR in 15 minutes](#)

Our next Talking Heads evening is on Wednesday 23rd of October at 18.30 in the Members' Lounge with Jill Murray. Jill has been working in the Community-based ESOL (English for Speakers of Other Languages) department at Edinburgh College for 30 years and will speak about her extensive experience of working with language learners from diverse backgrounds.

There are still spaces available for the evening for anyone wishing to attend. Please speak to a member of staff to register.

Mah Jongg

There is now a small group set up to play Mah Jongg at the Club, with games to be arranged using WhatsApp. If you would like to join, please send a message to Rosanna on 07867596071.

Book Group

The book group has now been going for a year, and we met in early October to discuss our 9th book. We recently welcomed two new members, but we have room for more. We meet approximately every 6 weeks, at the Baths, and we choose the books we will discuss in a democratic way – anyone can make a suggestion. We read contemporary fiction and made the decision at the outset only to read books that have been published in paperback.

Our next meeting will be on 27 November when the book for discussion will be Olive Again by Elizabeth Strout. Looking ahead, we don't yet have a date for our January meeting, but we have chosen the book – The Bookseller of Inverness by S G Maclean. We sometimes have wine, and sometimes don't – it just depends on people's plans.

Anyone who has read the book is very welcome - if you would like to join us - please drop an email to dochertycaroline@gmail.com who will add you to the WhatsApp group.

Caroline Docherty

Kind Regards
Paul Dunlop
General Manager