

BLU News! February 2016



February is merely as long as is needed to pass the time until March
Dr. J. R. Stockton

Do you have baby clothes or clothes for children up to 6 years old that you have no need for? Here's a chance to recycle and donate them to other parents. Thanks to the Herne Hill Forum for their work. Simply pick up an empty bag from the Lido reception and return it filled with clothes. You have until March 6th to donate.

Valentine's Day at the Lido proved great fun. With surprises in dry side lockers and sweets at reception to make you go that bit further in your swim or workout. What will Luke think up next..?

The **Lido Café** is focusing on all day brunch but is also hosting some exciting pop-up kitchens by visiting chefs. The first is a Thai pop up kitchen by Tem Ban, running every Thursday and Friday evening for four weeks from February 11. Their sample menu looks delicious.

Don't forget, if you have Lido membership, you get a 10% discount from the Lido Café.

We are looking forward to the installation of a hot drinks machine in the Lido reception. This will be especially welcomed by early morning swimmers who need warming up before The Lido Café opens, but will be available to all Lido users.

Are you over 45? Free on Tuesday afternoons? Try a class with [Silverfit](#) for only £1, Nordic Walking in Brockwell Park or Pilates in a Lido studio.

Watch out for weekly exercise tips on Lido social media. Our esteemed BLU Chair, CJ, is currently [guest starring](#) on Facebook and Twitter.

We see ourselves as an inclusive committee and would welcome BLU members who identify with having particular needs, to join our committee. If you're interested, please contact us at info@brockwelllido.com

BLU has raised issues about outdoor lighting around the Lido/Lido Café being insufficient or not working. Lambeth and Fusion have both promised to improve the current situation and work is currently taking place to rectify the problem.

WET SIDE STORY

Thanks to our lifeguards, who watch over our swimmers all year round. Spare a thought for them when it is particularly wet or windy.

March swimming times can be found on our Website, Twitter and Facebook.

It's not too late to sign up for this year's SWIMATHON at Brockwell Lido between 18-20 March.

Winter Swimming

Winter swimmers acclimatize themselves to cold water by swimming all year round. They know their bodies and their limitations. If you're new to cold-water swimming please read the advice sheets in the Lido. Hypothermia sets in quickly, and you really need to be aware of the warning signs before you swim.

BLU have asked for a free drinking water fountain to be available at the shallow end of the pool and, if possible, outside the Lido via a water fountain or safe water tap. Luke Fenton is looking into this.

DRY SIDE STORY

BLU have raised a number of maintenance issues, i.e. we are aware that there are problems with flush mechanisms in the dry side women's toilets. Repairs are being carried out and Fusion will look into replacing all the difficult flush mechanisms in the longer term.

BEANIES FOR SALE

You can order every colour EXCEPT red, as this is reserved for the Life Guards. They cost £12 each and can be ordered directly from Luke Fenton. Other colours available.



RESPECT

Bullying will not be tolerated to members of staff of Lido Users. There have been a few incidences around the pool area and in the spa. Lido Staff do everything they can to ensure the gym and pool areas are up to standard and safe, but antagonistic behaviour is not acceptable.

Many of you will remember regular Lido swimmer, David Penry-Davey, who has sadly died. He was a Lido enthusiast and familiar face around the pool.

This is an edited version of the newsletter, if you would like full details with all links and attachments, why not join BLU, at no cost, and receive monthly newsletters. You can join via our website www.Brockwelllido.com