

Customer Newsletter

October 2024

Welcome to the first Customer Newsletter for Hillbrow Health and Wellbeing



We have been open since 6am August 1st taking over from the University who left at 10pm on the 31st July. We worked hard before the transfer to ensure that the transition was as smooth as possible. The team on site and the off-site team did a great job as I am sure you will agree. It's been a pleasure to meet all the members and users both old and new. The future of Hillbrow Health and Wellbeing is very exciting, and we are glad you are coming with us on the journey.



Say 'Hello' to New Team Members!

We are looking forward to welcoming **Thomas Coomber**, a new **Fitness Instructor** at Hillbrow Health and Wellbeing. Thomas joining the team will provide more availability for your Welcome Workouts, Personal Plans and Personal Plan Review's. In addition, Thomas will be delivering the new Functional Group Training sessions on the gym floor so why not come along and say 'Hello'!

In addition, **Charlie Thomas**, a new full time **Lifeguard** is joining the team to keep you all safe and assisting you during your swim sessions.



New Defibrillator

The delivery of a new defibrillator has been received at Hillbrow Health and Wellbeing by staff members. The defibrillator has been donated by London Hearts, a leading defibrillator Charity in the UK.

Equipment Investment

In addition to all the pre-existing gym equipment, new studio equipment has been purchased including plates, bars, racks, dumbbells, yoga blocks, bricks, Swiss balls, mats, resistance bands and additional steps & risers so customers have all the equipment needed for Group Ex. In addition, new head microphones have been purchased for Instructors delivering classes in the two group exercise spaces.

In addition, volleyball posts and nets are now available, and volleyball bookings can be made in the sports hall. A TRX has been purchased for the gym floor which is perfect for a whole-body workout. Why not give it a go!

Clinical News

Four rooms are scheduled to be developed for clinical use in the coming months and we hope these will be ready for use by 1st January 2025. In addition, the vaccination campaign is expected to take place at Hillbrow Health and Wellbeing on selected days throughout the winter season, although final confirmation is still pending.



Introducing Dr Malak

Dr Miriam Malak is a highly qualified NHS and private General Practitioner and Clinical Director at South Downs Health and Care (SDHC). She graduated from Southampton University in 2011, became a Member of the Royal College of General Practitioners (MRCGP) in 2018, and holds a diploma from the British Society of Lifestyle Medicine. She is also a National Medical Weight loss Programme partner. Dr. Malak shares SDHC's vision of enabling better health and wellbeing, with a strong belief in the power of preventative medicine. Alongside her clinical work, she is actively involved in training GPs and medical students.

Dr Malak has recently started a Supported Weight loss service with SDHC. Dr Miriam Malak understands the challenges of wanting to lose weight. Whether it's genetic factors, hormonal imbalances, or a busy lifestyle. At SCHC, we offer a supported weight loss service, and for those who need an extra boost, we provide Mounjaro – a groundbreaking medication that targets two key hormones to control appetite, manage blood sugar, and promote significant weight loss.

Clinical trials show patients can lose up to 22.5% of their body weight with Mounjaro, making it a game-changer for those struggling with traditional methods. In addition to weight loss, Mounjaro offers other health benefits, including better blood sugar control, improved cholesterol, and lower blood pressure, enhancing your overall metabolic health. Administered as a simple, once-weekly injection, Mounjaro is easy to use, and our team will guide you through the process to ensure you're comfortable. We provide thorough consultations to determine if it's the right option for you, always prioritising safety and personalised care.

Take the first step towards a healthier, happier you today! Visit our website to fill out a detailed questionnaire and see how SCHC's expert team can help you reach your weight loss goals.

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Group Activities

As well as working with existing clubs we have also been able to accommodate a new Trampoline Club and a Stage School. Other existing groups include Gymnastics, Football, Basketball, Triathlon, Swimming, Karate and Badminton. For information on any of these please ask a member of the team.



New Bouncy Castle

We received delivery of our new Bouncy Castle at the end of August and parties can now be booked for children on Saturdays and Sundays throughout the year.

Please ask our Reception team for further party details.

Drop-in-Sports

We now have a number of drop in sessions available for both members and non members so why not come along and join us, meet new people with the same interest and have fun while burning some calories! These social sessions require no pre-booking. Sessions available are;

- ✓ **Badminton** – All Ages – Mondays 9 – 11am
- ✓ **Table Tennis** – All Ages – Tuesdays 9 – 11am
- ✓ **Badminton** – Over 50`s – Wednesdays 9 – 11am
- ✓ **Table tennis** – Over 50`s – Thursdays 9 – 11am
- ✓ **New Pickleball** sessions started on 7th October



Say 'Goodbye' to Matt Wilson!

Matt Wilson, a Lifeguard, is leaving us to work in a Ski Resort over the winter period. We would like to wish Matt good luck for his new adventure, and we look forward to welcoming him back next summer.

Group Exercise Update!

More classes have been added to the timetable with the introduction of **Functional Group Training** delivered by our Fitness Instructors on the gym floor. These classes have proven to be really Popular and well received.



Look out for further gym floor-based group training sessions coming soon. For more information, please speak to a member of the team. In addition, we have also introduced a new **Aqua Zumba** class, and we have moved some of our popular classes to the **Gaudick Gym** enabling class capacities to be increased so that more members can get booked in to their favourite classes.

Member Information

If you haven't already, don't forget to pick up your **Member Voucher Book** from the team at Reception. The voucher book includes discounts and offers for various sites.

Welcome to Swim School at Hillbrow Health & Wellbeing

Swim School at Hillbrow delivers the Swim England Learn to Swim Pathway. The lessons are structured and progressive and built on an approach to ensure children enjoy learning in the water.

A bright range of badges and certificates for recognising the achievements of swimmers provides motivation and support for children at every level.

Swim School membership includes:

- The 'Pool of Fame' – every quarter we recognise swimmers for their achievements within swimming lessons no matter how big or small. The teachers can nominate swimmers to enter the 'Pool of Fame' for anything from putting their face in the water for the first time, through to mastering the skills for the perfect tumble turn.
- Competitions throughout the year ranging from seasonal colouring competitions through to swimming gala's.
- Access to our Home Portal, where parents/ carers can log in and view the progression of their swimmers through the stages, and when a stage is completed, you will be able to log in and move to the next stage at a time that suits you.
- Free swimming outside of swimming lessons.

