



2013/14
Annual Review
The Jubilee Hall Trust

An **active community** is a healthy community.



This year, once again, we've shown what a healthy community can accomplish. The excellent management of our four gyms has allowed us to make a major commitment to the financial wellbeing of our employees.

Our unique approach to community health has begun to be recognised by local government and the health service. And we continue to innovate our approach through our exciting partnership with a local primary school.

Healthy communities demonstrate and build resilience. Because of the resilience in financial performance shown by our management team, the board has decided to increase the pay of their lowest paid staff to at least the London Living Wage (LLW), which is currently £8.80 per hour.



The LLW is set independently and updated annually, and enables all our employees the opportunity to provide for themselves and their families while living in one of the most expensive cities in the world. We are proud to be one of the first leisure companies in the capital to become a London Living Wage employer.

We are committed to supporting our local communities. Whether it's our staff, gym members, or local residents, people see and feel that we mean what we say.



Camden Council's Health Scrutiny Committee recognise what we do. Julie Billett, Director of Public Health for Camden and Islington said:

"It is quite a unique model. The more that we can work with organisations like the Armoury and the Jubilee Hall Trust to develop these more community based approaches to the challenge of how we get the population to lead healthier lives, from my perspective is very much a win-win".

The committee chair, councillor John Bryant said :

"This model seems to work. I'm interested in whether we can use this example and replicate it elsewhere".

We look forward to seeing what might develop from this next year.

At Jubilee Hall Trust we're committed to making a measurable difference in community health. While we've proven that we make a measurable difference to individuals and families, we have yet to see a measurable difference to a whole community. To do this we need to focus on a small community, like a primary school.

In Covent Garden we're working in partnership with St Clement Danes primary school to encourage children to be more active. Among other things, we've launched a new scheme with the children wearing wrist-worn accelerometers that track activity. With the introduction of this innovative device we've seen the children more than double their activity!

We hope to see the impact of our efforts in the BMI measurements of the school in time.

Thanks very much to everyone who's joined us in building healthier communities this year.

Steve Cabrera

Chairman, Board of Trustees

Focussing on local communities

MEND

Throughout the year, we have continued to deliver MEND programmes for obese children and their families for Southwark Public Health. Southwark is one of the worst boroughs in England in terms of childhood obesity, so it is very encouraging to be part of helping children and families live a healthier lifestyle.

Practical activities such as the Supermarket Tour, where we visit a local supermarket and learn to read labels and choose healthier alternatives, as well as the Food Fest, where we try new exciting MEND friendly foods, are great additions to the theoretical aspect of the programme and really help families to put knowledge into practice.

It was another challenging year for us, with MEND facing financial difficulties - although they were later bought out by Mytime Active – and the transfer of responsibility for public health from the NHS to the council in April 2013.

We also lost our MEND Programme Manager, Ylva Johannesson, although we are delighted that she has gone on to bigger things to work at the European Commission in Brussels! Her replacement, Lola Ross, has continued to take the programmes from strength to strength.

In April 2013, we had 7 enthusiastic families and children graduating from our course run at Rye Oak School, and all of them made improvements in all 8 measures used by MEND, which include Body Mass Index, waist circumference and the number of sedentary/active hours per week.



We then held a MEND Open Day at the school to kick start the next programmes (one for 7-13 year olds and one for 5-7 year olds) and we had a record turn-out for the new 7-13 group of 26 people including parents and siblings! One of the parents was disabled, but we managed to obtain additional funding for 10 hours of assistance from Southwark Public Health and Friar's Primary School which enabled us to keep this family on the programme. Ultimately, 9 children plus two siblings graduated from the programme and attendance was very good which contributed to the great results, which were to see improvements in all 8 measures once again.



Our MEND programmes have had considerable success in getting kids to eat healthier food

It has been difficult to recruit families for the 5-7 year old age groups, and our programme was the first one in Southwark. We started off with 7 children but unfortunately all but one family dropped out for various reasons (mostly time constraints) leaving only one family with 4 children.

After discussions with our commissioners, we decided to continue the programme as a pilot project and try and get some qualitative feedback as well as quantitative. The one family really enjoyed the classes and the mother said she had seen some great changes in eating habits and willingness to try new food.

In autumn 2013, we ran one 7-13 year old programme, again at Rye Oak school, with 11 graduates showing progress in all 8 measures.

At the time of writing, our two January programmes are reaching their conclusion. One of these was at a new venue near Waterloo and 6 families will complete this programme, whilst a further 8 should finish at Rye Oak school.

Plans are already in place for the next two programmes which begin in May, with another new venue at the Kings College Student Union in Bermondsey and we have 10 families pre-registered.

Give It A Go 3 (GIAG3)

The Proactive Camden network has continued to work together to promote physical activity across the Borough. One of the most notable successes has been the Give It A Go programmes which are a unique partnership between Camden council, Jubilee Hall Trust, GLL and the Central YMCA, with the funding shared between the partners.

The scheme (which has been running since 2009) enables Camden residents on benefits to join their local gym for up to four months free of charge. Participating centres included our own Armoury club in Hampstead, as well as the three GLL-run council leisure centres and the Central YMCA.

GIAG 3 finished on 30th April 2013, and the results showed that The Armoury had the best retention rates of any of the 5 participating leisure centres in Camden. 46% of Armoury members inducted into GIAG3 were still active at the end of month 4, and this compared very favourably with the other four centres.

This was largely due to the excellent way that The Armoury staff dealt with the GIAG participants, and especially Dillon Carillo who inducted most of them personally. Six of the Armoury's 36 'completers' joined on a membership at the end of the scheme.

Give it a Go was also nominated for the UK Active 'Spark of Innovation' award but, although shortlisted, did not make the final.

Give It A Go 4 (GIAG4)

After the continued success of the Give It A Go programmes, there was a willingness on all sides to continue the concept, but to extend it to any Camden residents who are identified as being 'inactive'. This is done by a standard NHS Healthcheck, and participants can then be referred to their local centre so that they can access up to four months free gym membership, with the cost being met 50:50 by Camden Public Health and the centre operators. In addition, a new 'payment by results' clause means that 'bonuses' are paid for those completing four months regular usage as well as those who join at the end. The concept is an excellent example of how local authority public health teams and the 'third sector' can work together.

Adopt A School

Over the last 12 months, we have been beginning to cultivate relationships with local primary schools. The aim is that each of our clubs will 'adopt' a nearby school and use our expertise to help the pupils to become more active.

Jubilee Hall in Covent Garden has adopted St Clement Danes School and our package of support now includes Streetdance classes at lunchtime, support with curriculum PE classes, nutrition sessions for teachers and pupils and half-price gym membership for teachers and staff.

We have also recently introduced MOVband for one class of children. The MOVband is a simple, durable wrist-worn accelerometer that displays time while tracking daily activity and the equivalent of total miles moved.



The MOVchallenge is a programme that encourages children to exercise, set targets and cover a specified amount of miles over a period of time. It allows schools to track the movement of their children and is an ideal way to reward personal achievement, increase motivation and combat obesity.

Children can record their daily MOVES and MILES on their personal recording sheets. They get instant Primary Data that can be used in ICT and MATHS straight from their MOVband at the click of a button.

As part of the first MOVchallenge children are challenged to reach 100 miles in the shortest period of time. This is a great way to educate them on their physical activity habits and reward them!

The Armoury is in the early stages of adopting Fleet School in Hampstead and we are discussing a range of support measures there too.





Covent Garden Free Zumba

We established a partnership with Zumba UK and the owners of the Covent Garden Piazza - Capital and Counties - which enabled us to bring 6 weeks of free Zumba classes to the general public over the summer.. The sessions ran early in the morning and were supported by staff and gym members.

Give It A Go Fair

Despite some unhelpful weather, this celebration of physical activity took place on Hampstead Heath on 8th September and was supported by The Armoury team who ran a great stall offering health and fitness advice as well as three 'join-in' demonstration classes of Seniors exercise, Zumba and Spinning.

Big Dance Bus is back in 2014!

After the success of this event in Covent Garden Piazza in 2012, we are delighted to be welcoming the Bus back in summer 2014. We will be providing support to local schools and community groups who want to learn a dance to perform on our stage!

Camden Unity Cup

We supported this local youth football festival, which ran on 14th August, with a charitable donation. The event on Coram's Fields saw over 450 young people take part in four age divisions (U10's/ U12's/ U14's and U16's) as well as young people hosting a full programme of entertainment on stage.



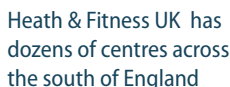
National Basketball Association

Following on from our partnership with the NBA in the summer of 2012, they provided a basketball team-building session at the annual UKFN conference in May, and a skills clinic for a school at the Colombo Centre in July.

UK Fitness Network (UKFN)

At the end of 2013, the UK Fitness Network was dissolved. UKFN had been a successful partnership between 10 leisure trusts since 2005, but a change in the strategic objectives of some of the partners meant that it was time to move on.

The good news for Jubilee Hall Trust was that a new scheme – Health & Fitness UK – was created and we were invited by the founders, GLL, to join. The new arrangements, launched in January 2014, give our gym members free access to over 100 centres across the country for gym, swim and group exercise classes.



Running healthy gyms

Serving our members well

Our community programmes and partnerships enable us to reduce the health inequalities that exist in the London boroughs in which we work, but to generate the funds to make a difference, we must first ensure that our gyms continue to thrive. With increasingly diverse and sophisticated competition, we must remain at the cutting edge of industry trends, deliver great service and provide outstanding value for money to our customers. We must serve our members well.

Member Survey

We carry out on-line Member Surveys every six months and our response rates have significantly improved over time. Our most recent survey was completed by over 900 customers (a 22% response rate).

These surveys showed improvements over time in our cleanliness and staff service scores with all clubs achieving over 91% for staff ratings, whilst at Westminster Gym, 100% of customers rated the staff as Good or Excellent! Key areas for improvements varied from club to club, but all suggestions were investigated and feedback given via club notice boards.

In addition, we used social media to communicate with members and enhanced our presence on Facebook and Twitter during the year, increasing the number of posts, followers and 'likes'.

Lights, Camera, Action!

Over the weekend of 31st August – 1st September we engaged a film crew to make a commercial quality video production of Jubilee Hall. We captured images from a members' perspective of using the gym and classes, as well as the changing rooms, sauna and therapies. We had tremendous support over the two days with several staff agreeing to 'model' and the finished film is featured on our website.

Action Dan the Fitness Man!

One of our Fitness Instructors, Daniel Dewhirst, is also a professional TV presenter and fitness model and we worked with him to create some high-quality short films about gym workouts to put on our website. These video clips, filmed at The Armoury, received more than 6000 hits on YouTube and more than 250 members signed up to have them emailed each month. Dan then created a series of 'Challenge Dan' workouts filmed at each of our clubs which involved short interviews and fun challenges with members.



Healthier and safer

It is imperative that we offer a safe and well-managed environment for exercise.

Our 6-monthly independent audits by QLM have shown continuous improvement, with all sites achieving the audit target of 70% and The Armoury topping the table with an excellent 83%.

We took an additional step this year to help maintain gym user safety, by installing permanent Automatic External Defibrillators (AEDs) at all sites for the first time.

These new AEDs automatically check their own batteries and, once taken off the wall, they call 999 and give the users location. AEDs are becoming more common in public places, including leisure centres, and have been proven to save lives.

A group of four people are running in a large, well-lit gym. In the foreground, a woman in an orange tank top and black leggings is running towards the right, holding a smartphone. Behind her, a man in a black tank top and black shorts is running away from the camera. To the left, another woman in a blue tank top and black leggings is running. In the background, a man in a white and black shirt is also running. The gym has a blue floor, large windows, and various exercise equipment like weights and mats in the background.

All our gyms
meet now meet
tough UK measures
for safety and
management
quality.

The Jubilee Hall club has always benefited from an iconic location in the heart of London's West End, but has also always faced tough competition. After a decline in revenues, we undertook a substantial review of the site to refocus the business.

This resulted in some changes to the staffing structure which meant that we sadly had to make two part-time staff redundant. We also recruited a new Club Manager, Oliver Deen, who started in September.

Towards the end of the year, we made some investments in the facilities and equipment. These included the creation of a new indoor cycling studio and a functional training zone in the main gym.


We are currently planning the refurbishment and enhancement of the men's shower area, which will coincide with the long-awaited installation of our own dedicated gas boilers for heating and hot water. This is a significant investment, but we expect it to make a substantial difference to the user experience.

We have also developed and improved a number of other spaces to enable us to hire them out to third parties, increasing the range of services we offer to members whilst also increasing revenues.

Over the last year, we have opened our first hairdressing salon, Blue:20, and relocated some of the other therapists to make better use of the space. We have also agreed a contract with Lifetime Training to use Studio 2 and the gym at off-peak times.

Lifetime are one of the most respected training companies in the industry and our relationship with them also gives us access to newly qualified fitness graduates as well as apprentices.

Lastly, we have renewed the contract for the Gym Café which continues to do good business.



Our new state-of-the-art spin studio has already proved popular with members.



Our class programme goes from strength to strength with the new Les Mills classes

We had been keen for some time to rationalise the personal training service (PT). We believe that PT is an important part of what we offer our members, but we identified that our monthly licence fees were significantly less than our competitors and that we had an unmanageable number of PTs competing for the same business. In addition, there had been some variation in the rates charged.

We therefore increased the fees, making them the same for all PTs, and also raised the standard so that a Level 3 qualification would be required for anyone wishing to deliver this service. A 'cap' on the maximum number of PTs should also help to minimise internal competition.

In February, we re-launched our group exercise programme to improve the variety and quality available with the aim of making Jubilee Hall known and in demand for its classes, its instructors and its creativity in programming.

The new indoor cycling studio enabled us to increase the number of Spinning classes and we also established a partnership with Les Mills so that we could offer their licensed classes such as BODYPump, BODYCombat etc.

In addition, their latest concept for High Intensity Interval Training (HIIT) is the GRIT series of classes including GRIT Cardio and GRIT Plyo. These are short, 30-minute sessions for the time-poor exerciser who wants fast results. Member feedback so far has been excellent.

As part of the Covent Garden community, Jubilee Hall has always tried to help with local events and, over the course of the year, we supported Marks and Spencer's cancer charity challenge by supplying two spinning bikes and, once again, helped out the London Fire Brigade for their Fittest Fire Fighter Competition in the Piazza.

The Armoury - Hampstead

The Armoury has been very successful over the last few years, increasing revenue significantly, to a point where turnover is not far short of Jubilee Hall's, operating out of a much smaller space.

We were delighted to secure the lease with the Royal Free Charity last year, but this also identified some major refurbishment and repair issues which we need to plan in over the next two years.

Unfortunately, this means that our day-to-day investment has reduced. Nevertheless, we have still been able to purchase a new sound system as well as to re-tile the men's showers and carry out some works to the gym sub floor.

We also re-organised personal training along similar lines to Jubilee Hall, Covent Garden to improve standards and increase revenue from this area.

The Armoury is an important contributor to the Proactive Camden physical activity network.

As well as Give It A Go (highlighted earlier), the gym hosts two exercise classes per week for Camden council's Culture and Sport Department, runs a popular Exercise on Referral scheme in partnership with two local GP surgeries, as well as a new referral system with the Royal Free Physiotherapy Department.



The Armoury
has always offered
something for the
whole community



In June, 30 schoolchildren came to The Armoury to learn about gyms, exercise and being healthy, and the fitness team also supported the Hampstead Summer Festival with a stall offering free promotions, advice and offers.

In spring every year for the last 15 years, long-serving exercise instructor, Chrissie Mullings-Lewis organises her regular participants into a running 'team' to raise money for the British Heart Foundation. This year her 55-strong group raised a record £6484!

The Armoury also works with volunteers from Heart 2 Heart (H2H) and the British Heart Foundation to manage a cardiac rehabilitation programme.

Since the scheme was founded in 1993 to provide gentle rehabilitation activities for patients who had suffered a heart attack and been referred by the Royal Free Hospital, there have been more than 20,000 individual attendances and hundreds of local Camden residents have benefited from the scheme.

Sadly, the H2H group lost their Honourable Treasurer of 20 years, John Stanton, who passed away last year, but he was remembered at a small service which included the unveiling of a plaque in his honour of John by his widow, Connie Stanton.

Chair of Heart-to-Heart, Carol Scurry, said: *'John was not just our treasurer but our friend, who led our organisation and gave us great inspiration for over twenty years.'*

'We thank Jubilee Hall Trust who suggested that this room should be renamed the John Stanton Studio and who have provided a plaque bearing his name and two hearts which reflect the name of our group.'

We were delighted to remember the tireless work of John and the other Heart-to-Heart volunteers who work in partnership with us to provide this much valued service, which enables local people to recover from serious illness, rebuild their lives and make new friends.

The Armoury was a finalist in the national Health Club Awards and our GP referral specialist, Liz Velji, was one of only five instructors in the country to win a 'people' award at the event.

Comments from gym members about her included:

'The care and attention that Liz gives to the referrals from the Royal Free Hospital is of the highest quality. Her knowledge is of the highest standard.'

'Liz Velji, who looks after the GP referred seniors is incredibly knowledgeable about all aspects of the problems that beset elderly people and makes my visit to the Armoury more than worthwhile. I never thought I'd go to a gym!'

Westminster had a slow start to the financial year and manager, Lauren Griffin put in a range of initiatives to boost membership and attendances.

These included additional staff training, an e-newsletter, a Wellbeing Day, some gym challenges and better links with the Parliamentary intranet, which all had a positive impact.

The House also agreed that we could purchase two new Trixter interactive gaming bikes to replace the old S2 interactive bikes which were starting to become unreliable.

The members' summer party in July was a great success with many gym members attending the event, including some high profile Parliamentarians, and the traditional Christmas gathering was equally well-attended.

We recruited some new fitness staff including Janelle Philips, who took over as Studio Co-ordinator and Daniel Marshall who ran our Exercise on Referral programme and enabled a number of patients to make significant progress over the course of their 12-weeks of supervised exercise.

We were also delighted to take a volunteer Fitness Instructor - Dorit Chomer – who came to us through a unique programme called Instructability, which aims to help disabled people to find paid or unpaid work in the industry.

Dorit has been passionate about fitness and exercise throughout her life, being a triathlete, long distance cyclist and table tennis national but suffered a parachute accident which resulted in her being paralysed for two years.

After recovering, she then endured a heart operation, two strokes and depression, but it was exercise that helped Dorit recover.

She retired from her full-time job as a lawyer and, at the age of 58 she retrained as a disability fitness instructor with the Instructability programme run by Aspire, part of the Royal Stanmore Orthopaedic Hospital.

Her unique background has enabled her to help and support others, especially those with a disability and she specialises in exercise prescription for the over 40's. In March, Dorit was nominated for UkActive's 'Spirit of Flame' award.

We continued to offer postural, relaxation and Yoga classes at 7 Millbank on the Parliamentary estate for both members and non-members of the Westminster Gym, and attendance numbers increased for both types of class.

Members of staff continued to raise money for various charities, using their extra 'charity day' and Daniel Marshall cycled 100 miles in the London Bikeathon in aid of Leukaemia and Lymphoma Research.




One little bit of
UK political life that
everyone seems
to like

Westminster Gym was a finalist in the national Health Club Awards and comments from gym members included:

'Absolutely the friendliest, most helpful gym I have ever come across. From the first introduction they remember your name, always have a big grin and something to say. The classes are fun, small and attentive - I recommend them to anyone at work.'

'By far the best gym I have ever been to. Lauren and all of her staff are always helpful and friendly and on hand to help with any questions - however small. The gym is never overcrowded and I've never had to wait to use any facilities. First rate!'

'Staff are very friendly and helpful. In particular I would like to nominate Ahmed for special mention as he is enthusiastic, knowledgeable & extremely generous with his time. He constantly goes above and beyond and always has a smile on his face!'



Our completely
re-furnished pitches
at Colombo are un-
matched in central
London

The centre had another successful year, and our successful partnership with GLL continued. Bookings for the outdoor facilities and room hire were key drivers of financial success.

The artificial turf 5-a-side pitches were fully refurbished in the summer with grants from the Football Foundation and the Mayor of London as well as a loan from Jubilee Hall Trust.

In October, to celebrate the launch of the Premier League/FA Facilities Fund, the Minister for Sport, Helen Grant, visited the pitches along with the Premier League Chief Executive, Richard Scudamore, and the FA General Secretary, Alex Horne.

They emphasised the importance of providing high quality facilities to both increase participation and improve skills at the highest level.

The Colombo Centre pitches were originally opened in 2004 and are now used by 250 local school children every week, whilst the hugely popular leagues run every weekday and help subsidise free community access between 7.30pm-9.30pm Monday to Friday and all day at weekends.

In March, the celebrations were completed with a 5-a-side football match between MPs and Talksport Radio. The MP's team featured star striker and Shadow Health Secretary, Andy Burnham MP, who struck two well-taken goals early on, although this wasn't enough to prevent an 8-3 win to the journos.

Former Premiership referee, Dermot Gallagher, was officiating over a friendly contest that required little intervention, whilst spectators included the Football Foundation ambassador and Talksport presenter, Georgie Bingham.

We carried out some internal refurbishments at the centre, which included creating a new training room, a beauty therapy suite and office space. This increased revenues from regular hirers such as the London College of Beauty Therapy and Proleisure, whilst our long-standing partnership with Breathe therapies continued, enabling us to deliver corporate health packages to local companies and we now offer the greatest range of wellbeing services on the Southbank.

Our new Sales Manager, Anthony Sanders, had a very positive impact, and the centre started to hit sales targets on a regular basis and the newly opened student accommodation block opposite the centre gave us opportunities for more memberships and pitch/court usage.

Sadly, our Centre Manager, Ashley Hargreaves-Smith left us after nine years of loyal service, but we were delighted that he left us to pursue a career in the Metropolitan Police for whom he had worked as a volunteer Special Constable for some time.

We were also pleased that he was replaced by an internal appointment, Lenny Stephens, who moved across from Fitness Manager at Jubilee Hall.

Making **our staff** proud

Staff Training

We continued to provide a range of training opportunities for staff including Management Development Skills with Strictly People, NVQ Level 3 Management, and Level 3 Fitness Instructor qualifications. Some staff also attended the FIBO Fitness Exhibition in Germany, the Fitpro Convention in Loughborough, the UK Active FLAME awards in Telford and the national Health Club Awards and Leisure Industry Week Exhibition in Birmingham.

At the end of the year, we were finalising programmes for junior managers to achieve the Level 3 Certificate in Management and continuous professional development workshops for the fitness staff covering subjects such as Kettle bells and High Intensity Interval Training.

Staff Oscars

This year's Oscars were held on 16th May at a new venue, the Phoenix Artist Club and were attended by a large number of staff as well as one of our Trustees, Jo Weir, and our guest speaker, Jon Stemp from Manchester City FC.

17 staff were nominated by their peers for awards and the winners were:

Staff Survey

In November, we completed a staff survey and 90% of staff said that they were happy in the work they do and 91% of staff said that they got personal satisfaction from their job.

Three-quarters of staff said that they felt proud to work for the charity and would recommend JHT as an employer, although this was lower than the previous year and we have used comments and suggestions from staff to try and improve this.

86% said that they felt strongly that they received constructive feedback from their managers. One member of staff said:

"Jubilee Hall Trust is unique in the way it looks after its staff and its approach to its employees. You are made to feel part of a family and that people care. More importantly you feel supported and respected and can look forward to coming to work."

Jubilee Hall – Anthony Morrison
Westminster Gym – Janelle Phillips
Colombo Centre – Lorna Cummings-James
The Armoury – Cristina Todirut

Overall Winner – Emmanuel Rentoz
Class Teacher of the Year – Klaudia Bandola
Special Award – Neil Laybourn





Being **known** and in demand

Our national influence continued to increase as our Chief Executive, Phil Rumbelow, was appointed as the Vice-Chair of Sporta - which represents 100 social enterprises in the public leisure sector, operating 1780 facilities nationwide with a collective turnover of over £1 billion – and was elected as a Non-Executive Director of UK Active, the umbrella body for promoting physical activity, aiming for 'more people, more active, more often'.



We spread our message far and wide this year and received coverage in both local and national press. The Guardian recognised our contribution at Westminster Gym:

Leisure trusts have experienced a tremendous growth in popularity in recent years – and they have helped attendances rise, with all the benefits that brings to local communities. While some combative MPs might relish their regular verbal knockabouts across the dispatch box, most honourable members prefer a less confrontational workout at their parliamentary Westminster Gym.

As they're chillaxing, most MPs are probably unaware that their gym is managed by the Jubilee Hall Trust, a social enterprise which is one of a growing number of leisure trusts running more of the country's public gyms and fitness facilities.

After the new lease at The Armoury was agreed with the Royal Free Hospital Charity, we were mentioned several times in the local papers, including this story in the Ham & High:

Retired barrister with MS overjoyed as The Armoury gym is saved by the Royal Free Hospital. Retired barrister Daniel Robinson, who suffers from multiple sclerosis, uses the gym up to four times a week as it is the only way he can exercise safely. The 76-year-old, who lives in Vane Close, Hampstead, said:

"I was in the Royal Free Hospital with a broken hip. After the operation I was doing my exercises in the so-called gym there and saw this place across the road and joined. I'm very glad it has been saved because it's very important for me to get regular exercise – especially at my age. I can't walk any more, but I can move on the machines which is great. I do regular sessions which are very good and the staff are also brilliant."

Fay Edwards, from East Heath Road, Hampstead, has been coming to the gym for 10 years and often brings along her 82-year-old mum for classes. The 65-year-old said:

"I bring my mother along who is in her 80s and it's a nice way for her to do things at her own pace. It's nice that people of her age can join in. It is £3 a go – you can't even get a cup of coffee for that these days. I am really glad it has been saved, I was really hoping it would be and it's so convenient if you live in the area."

Phil also continued as Chair of the Active Westminster (AW) Board and the partnership helped to organise and promote the inaugural Westminster Mile which was started by Mo Farah and finished in front of Buckingham Palace.



The race saw Paralympic Gold Medallist, Richard Whitehead competing as well as thousands of local families.

The Active Westminster Awards were held at Lord's cricket ground in November and Jubilee Hall, Covent Garden, was highly commended in two categories – Active Place and Inclusive & Active.

The nomination for Inclusive & Active was from the parent of a disabled young man who has been using the gym for many years and makes wonderful reading:

'My Son Jamie Black is an hypoxic tetraplegic after a motorbike accident in 1999 and he started at Jubilee Hall Gym about 10 years ago after leaving rehab. He is permanently in a wheelchair as his injuries make the whole of his left side muscles overly tense as he lost 21 pints of blood. He also has brain injury from hitting his head on the side of the car that crossed in front of him.

The Gym has encouraged Jamie to feel good about himself and have worked hard and continuously to provide him with trainers who are able to cope and help Jamie with his disability. Each trainer has contacted his Physiotherapist to understand and learn what Jamie's capabilities are and to work at improving his movement.

They have worked tirelessly with love and kindness to enable Jamie's body to become more flexible and without it he would probably never get out of his wheelchair. If the Gym do not have the right equipment for a particular training session, the trainer meets up with him at another of their Gyms in Colombo Road to do the training for that day.

The versatility of the Gym's Management has made Jamie accept his disabilities and make him want to improve himself on a daily basis. The Management and staff are wonderful. Jon Giles the Operations Director and Lenny the Staff trainer make Jamie feel special rather than disabled. '



Alec Kazantzis

1929-2014

On Saturday 10th May, there was a service of thanksgiving for Alec Kazantzis, one of Jubilee Hall Trust's founding Directors, who died on 11th April, aged 85, after a fall. Alec was a lifelong campaigner for good causes and everyone who met him remarked on his great charm and kindness which, together with his sharp mind, made him excellent company.

Alec was born in 1929 in London to parents who had originally come to England from northern Greece. When a student at London University, where he studied Russian, he came across a queue of people waiting to sign up as film extras and so he joined them, hoping that it might help to pay him through his studies.

He was lucky enough to get his Equity card and some part-time acting work, usually as a Roman Legionnaire for some reason, and he even appeared in the background of some of the 'Carry On' films which were made at Ealing Studios, close to where he lived at the time.

After graduating in 1950, Alec became a lawyer and worked initially for a Greek shipping company, but also worked as a highly respected maritime arbitrator and became one of the first members of the London Maritime Arbitrators Association, and later it's President from 1989-1991.

Although law was his profession, politics was his passion and he was an ardent supporter of the Labour party standing twice for election as an MP and eventually becoming a member of the Greater London Council and Inner London Education Authority from 1970 to 1978.



He was a driving force on the GLC Covent Garden committee and was responsible for opposing plans to bulldoze the Market, ultimately saving Jubilee Hall and founding the charity to manage the sports centre, which first opened its doors in January 1978.

He was Chairman of Jubilee Hall Trust for more than 25 years and remained a Trustee and non-executive Director right up until his death.

He got involved in many other campaigns including the A27 action group, an environmental group which successfully fought to preserve the countryside in East Sussex where he had a home, and helped his partner Jane Cochrane – also one of Jubilee Hall Trust's Trustees – to save and restore St Stephen's Church, where his memorial service was held.

His wise counsel will be sorely missed by all of us at Jubilee Hall and our sincere sympathy is extended to his family and many friends.

The Jubilee Hall Trust
builds strong healthy
communities by promoting
the fitness and wellbeing
of the individuals within
them.

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