



Venue 360

| BUSINESS | LEISURE | FITNESS | PLEASURE |

NO. 66  
JULY '22

# VENUE CIRCULAR



**PLAY YOUR WAY TO WIMBLEDON**  
CHARM AND KAYLA HAVE QUALIFIED

## MEET OUR PARTNERS

M&M Caribbean Catering  
& recipe!

## A TREAT FOR SUMMER

Grab your friends and enjoy a  
jug of Sangria

## 12 WEEK CHALLENGE WINNER

Well done Hayley!

+ more

Inside this issue:



## Meet our events partners



We are very lucky to be able to collaborate with some fantastic local businesses for our events and one of our most popular is M&M Catering, Caribbean caterers based in Luton. In charge is Marelda Letang, here's what she had to say about working in the industry.

I have worked in catering for over 30 years now. What I enjoy most about is fulfilling my customer's requirements and I am lucky enough to have a great team to help me deliver this. They are all hard working, committed, loyal and professional. We all work well as a team.

My favourite dishes to cook are all types of Caribbean food, curried mutton, rice and peas, mac & cheese, fried dumplings....the list is endless!

My favourite food to eat is ackee and salt fish with yam, boiled dumplings and green bananas.

We asked Marelda to share an easy recipe with us that you can try.

### Marelda's Fried Dumplings



225g self raising flour

1 teaspoon of salt

Approx ½ cup of cold water

Oil for frying

Sift flour and salt in a bowl.

Pour the water a little at a time to form a soft dough.

Leave the dough to rest, covered with cling film for about an hour.

Divide into 12 balls

Heat oil in pan on medium heat

Add each ball and let fry until golden brown on each side.

Place on a paper towel to drain off any excess oil.

Enjoy while warm.



Sangria Sessions

**£20**  
per Jug

## A Treat for Summer

People associate summer with a nice jug of Pimm's but here at Venue 360 we thought we would treat our guests to something a little more Mediterranean in the form of Sangria.

The history of sangria is actually pretty straight forward. Over 2,000 years ago, the Romans made their way across the Iberian Peninsula and planted vineyards along the way. As water at that time was unsafe for drinking, it was common to fortify it with alcohol to kill off any bacteria.

The first sangrias were likely heavily watered-down mixes of wine, water, herbs, and spices. The Romans would add anything to kill off the bacteria in the water and to disguise the terrible taste of the table wine. The name of the drink comes from the Spanish word sangre (which itself comes from the Latin sanguis), or blood, and refers to its dark colour.

Most food historians agree that Spaniards introduced some version of sangria to the Americas in the early 1800s. Official accounts place the US introduction to sangria at the 1964 New York World's Fair, when the Pavilion of Spain served it to visitors from the Taberna Madrid kiosk. Since then, Americans have been quick to embrace the Spanish cocktail, and in recent years many bars have started to serve a signature sangria to their guests.

## Gluten free eating



Last month we let you know we were introducing a wider variety of gluten free options. We hope you will be able to take full advantage of items such as baguettes, pizzas, crisps, snacks and cakes.

Please ask staff for the available options or see full list displayed in the bar. All our team members are Food Safety trained as well as Allergen trained.

## Yes, we know it is early!

We apologise for using the 'C' word so early in the year, but we are already getting plenty of enquiries and didn't want our members to miss out. Please visit our website to find out more regarding this years Christmas Party Nights & NYE Party! [venue360.co.uk/christmasparties](http://venue360.co.uk/christmasparties)



## Winners of June challenge!



Well done to Ashley who won the June triathlon Advanced category, Ash came in on the last day of the month to find out his previous winning score had been beaten and was determined to regain the lead. Ash finished the 2000km row, 10km bike ride and 5km run in 45 minutes 26 seconds. The leading lady who



competed in this challenge was Box fit's Recci who managed to achieve a score of 59.37 so well done to her too.

The winners of the Intermediate category were Sarah who regularly takes part in the Box fit sessions and finished the 1000 mts row, 5km bike ride, and 2km run in 23 minutes and Steve who managed a score of 23.16. Well done to those guys and everyone who took part!

## The Mental Health Benefits of Exercise



You already know that exercise is good for your body. But did you know it can also boost your mood, improve your sleep, and help you deal with depression, anxiety, stress, and more?

What are the mental health benefits of exercise?

Exercise is not just about aerobic capacity and muscle size. Sure, exercise can improve your physical health and your physique, trim your waistline and even add years to your life. But that's not what motivates most people to stay active.

People who exercise regularly tend to do so because it gives them an enormous sense of well-being. They feel more energetic throughout the day, sleep better at night, have sharper memories, and feel more relaxed and positive about themselves and their lives. Plus it's also a powerful medicine for many common mental health challenges.

Visit [venue360.co.uk/post/mental-health-exercise](https://venue360.co.uk/post/mental-health-exercise) to read on more of the mental health benefits of exercise.

## Tuesday Circuits

Rachel will be running Circuits on a Tuesday evening at 6pm, it is open to all fitness levels and throughout July, gym members will be invited to bring a friend for free - so why not give it a go!



To book, visit our main reception or call **01582 418873**, opt 1. [venue360.co.uk/exercise-classes](https://venue360.co.uk/exercise-classes)

## July challenge

July is the Spin distance challenge and is open to 3 age categories - under 30s, under 50s & Over 50s!! What is it? To record how far you can go in a 10 Minute session! We have brought one of our new Keiser spin bikes to the gym so members can participate so please inform an instructor if you wish to have a go!



## Member of the month

Peter Fleckney joined Lifelines in February and since then has lost 7kg (1 stone!) and is still going. He said "walking in to join a gym as a larger person felt daunting - but the friendliness of all the staff throughout the sign up process, and the encouragement of the Lifelines team took that feeling away." He loves coming to the gym, using the health suite, socialising with other members, as well as bringing family and friends into the café & bar. Keep going Peter you are doing so well! He receives a Venue 360 t-shirt for being our member of the month. We also want to say congratulations to Peter as he recently got married!







## Anyone for Tennis?



Is Wimbledon inspiring you to start playing again... why not join our Venue 360 tennis club?

Venue 360 Tennis Club offers three weekly club sessions where you can come along and mix in with other members in general social play or internal, friendly but competitive ladders.

You also have the opportunity to play for one of our Venue 360 Tennis teams where they play against other local tennis clubs in league and cup matches.

If you choose our platinum membership then you can also take advantage of free outdoor court bookings where you can play with other tennis members or book an individual coaching lesson.

For more details, visit [venue360.co.uk/adult-tennis](https://venue360.co.uk/adult-tennis)

**Whilst visiting this link, why not click on the FREE TRIAL button and put us to the test for 2-weeks!**

Adult membership from just £2.40 per week!

## Play your way to Wimbledon



**Venue 360 tennis juniors Charm and Kayla have qualified in the LTA 18 & under 'play your way to Wimbledon' doubles event!**

The girls qualified as our club champions, and then got to play at a regional event at Great Missenden tennis club.

At just 14 years old, the girls prevailed against players up to 4 years their senior, winning the whole event! This means that they qualify for the national finals to be played on the hallowed turf at the All England Club.

Charm and Kayla put on their whites during the second week of August, we wish them all the best flying the Venue 360 flag at Wimbledon and hope they do 'all white'!

Good luck girls and well done on this fantastic achievement!

## UKTI Martial Arts

**Our feature 'Clubs at Venue 360' spotlight this month is UKTI Martial Arts who have been here now, almost every Sunday from 2-4pm for over 25 years!!**

UKTI Martial Arts teach 9 different styles combined into one under Senior Master Hiron John's (VIII Degree) unique style of Martial Arts focusing mainly on the scientific Art of ITF TaeKwon-Do. Classes are mixed male & female and accept all age groups from 4-74 years old.

### The benefits of joining..

- Focus on delivering professional discipline & respect! FREE uniform upon full membership!
- A professional anti-bullying system!
- 3,200 different techniques to learn!
- Students (10-74) learn street survival self-defence!
- Students (4-9) learn Martial Arts the fun way!
- Build self confidence regardless of age!
- Can be a great Stress reliever!
- Follow the 5 Tenets of TaeKwon-Do - courtesy, Integrity, perseverance, self-control & indomitable spirit.

For further information and to book in for a trial lesson, visit [ukti.info](https://ukti.info)



## Saturday Summer Specials

**We are offering Sports hall, Squash and Pro Zones on Saturdays throughout July and August.**

12pm through to 5pm every Saturday!

- Sports hall (any available activity)
- Squash
- Pro Zones 1-4

To book please contact main reception on **01582 418873**, option 1 - quote **#saturdayspecials**

Please note this offer is not available for booking online.



**HALF PRICE!**

#saturdayspecials

## The Running Man



Ex-Venue 360 employee and owner of J&R Coaching; Ryan O'Toole is about to take on the huge challenge of running the London Marathon this October. Running a marathon is not for the faint hearted and will take plenty of effort and dedication over the next few months.

Not only do we have a link to Ryan and wish him all the best, but we also have an interest in his motivation for running and raising money for charity, as Ryan is running in the memory of a close family friend; Andrew Bennett, who was a squash member here for many years but unfortunately passed away with prostate cancer in 2021.

Good luck Ryan!

To read his full story and donate, visit [tcslondonmarathon.enthuse.com/pf/ryan-o-toole](https://tcslondonmarathon.enthuse.com/pf/ryan-o-toole)