

So spa, so good

Following a series of successful launch events for the new Health and Spa facilities at Ufford Park, 'Spa Experiences' are being booked well into the future and comments from those who have experienced the Spa are all very positive.

Health and Spa Manager, Clive Edwards, has seen a vast amount of progress since he joined Ufford Park at the end of February just after the new Spa was officially opened. He comments: "At Ufford Park I get the chance to be very hands on and see the potential to develop the spa and leisure facility. My aim is to make Ufford a centre of excellence unrivalled by any other local health club".

Clive is employed by Fitness Express, the specialist leisure management company, which has run the leisure facilities at Ufford Park since it opened. Fitness Express manages 38 health clubs, mainly in hotels, around the UK and has made an investment into

Ufford Park's Health and Spa as it sees the potential for future growth of 'Spa Experiences' not offered anywhere else in the region.

Tarnia Robertson, Marketing Director of Ufford Park explains: "The main difference between the Spa at Ufford Park and other spas in the region is that clients only have to book their time allocation in advance, not the specific beauty treatment or therapy they will receive.

Choice

What we are offering is all about choice: ensuring that clients can have exactly what they feel like on the day rather than guess what they may want

in advance. The other important thing is the enhancement provided by the Thermal Suite: all the spa experiences involve time in the Thermal Suite which, through the use of water based techniques - from aroma-steam to the ice-fountain, quite literally prepares the body to gain maximum benefit from the treatments and therapies available."

Plans are already under way to take on more therapists to manage the demand for Spa Experiences and with the whole Spa available for hire for the day for special events such as Hen Parties, it will be a long time before the region has anything to rival what is on offer at Ufford Park.



FOR INFORMATION AND BOOKINGS CALL 01394 386871

HAIRWAYS

Memorial fund created

Lizzy, our resident hairdresser gave birth to a beautiful 9lb 4oz baby boy on Wednesday 16th May named Ottis Rafferty Ling.

Tragically Ottis died shortly after birth but Lizzy and Dec would like to inform all their friends and customers at Ufford Park that they have set up a Memorial fund for Ottis, and if anyone would like to make a donation please either send it direct to Hairways or hand it to either reception for the attention of Mr and Mrs Aldous.

Our thoughts are with Lizzy and Dec and their family at this sad time.

Employee of the year



Congratulations to Reservations Manager Lorraine Mitcham who has been voted Ufford Park's Employee of the Year.

Lorraine who has been at Ufford Park for almost 6 years, joined as a receptionist and is still one of the smiling and helpful faces of the hotel's front desk. Her hard work and commitment to the team and customers have earned her this prestigious award. Well Done! Runners up were Jane Nicholson and Michael Halliday.

american golf

David Neville, Manager of the American Golf shop at Ufford Park, brings us up to date on what's coming up for golfers over the next few months:

Golf Demo Day - July 29th
"We will be hosting another demo day on Sunday 29th July from 11am until 3pm. At the time of printing this edition of Park Life, Yonex, Srixon, Callaway and Mizuno have all confirmed their attendance but please check in-store to find out the latest details and to book your fitting appointment with the company reps."

Be a Square – Drivers now available
"After much eager anticipation, the square drivers have now arrived from Nike, Callaway, Sky and MD. The other brand names are due to arrive very soon. If you would like to try one in our personal fitting bay I can guarantee you will easily see the difference they can make to your game. If you need an added incentive, then remember that we always welcome Part Exchange on your old driver."

Call 01394 385651

10% OFF

at American Golf

We are very impressed with the latest range of men's and ladies' Spring and Summer clothing particularly from Ashworth, Nike, Adidas and Lyle & Scott and if you would like to come and try any items for size you are very welcome.

There is a 10% discount off all in-store prices for Hotel residents or if you present this copy of Park Life, so why not take a look?



Doctorgolf takes beginners forward

Saturday mornings have been transformed for a series of would be golfers from around the region, ranging from schoolgirl Jennifer Clarke to Marketing Executive Nicola Shepherd.

The group of beginners have had a 5 week intensive course with Stuart Robertson (aka Doctorgolf) to introduce them to the sport and learn skills including how to grip the club in different situations, choosing which club to use, putting, driving, hitting shots round bends, out of bunkers and over water hazards.

So hooked are the beginners that as well as signing up for the improvers course beginning on July 7th they have arranged to meet every Saturday

Call 01394 383480 or email mail@doctorgolf.co.uk

at the club to continue honing their respective skills in the meantime - with group therapy and support! Jennifer, 15 from Laxfield said "I can't believe how addictive my golf lessons have become, I have really enjoyed the 5 week course and can see how I improve every time. Stuart doesn't make you feel stupid when you hit the ball way off the mark - he shows you how to improve and next time - it's just right! - we signed up for the improvers lessons straight away."



Mastering the art of looking nonchalant in the bunker is a top priority.



Golfing events

Jenny Read gives us the low down on what to look forward to:

The Rett Classic 28 & 29 June

As Park Life hits your doorstep, once again, around 250 golfers will be coming along to the Rett Classic Golf Tournament, to raise money for the Rett Syndrome Association UK as well as other local charities. This is the 10th and last time this 3 ball event is being held here by local businessman, Colin Carter, whose daughter Hannah suffers from Rett Syndrome (RS).

Reputedly the largest privately run Charity Golf event in the UK, the Rett Classic raises approximately £80,000 for the charities involved, finishing in style with a Gala Dinner at the hotel for over 500 guests.

PGA Euro Pro Tournament 28-31 August
Now in its fifth year, we are welcoming all spectators from 28-31 August.

The top 50 players in the Order of Merit qualify to play in Tour Championship later in the year. The tournament is the last in



Jenny coolly dodges a maverick shot taken with a 9 iron.

the PGA EuroPro Tour, which is always exhilarating with over 100 players competing at Ufford Park for the £40,000 prize fund.

Highlights of every PGA EuroPro Tour event are shown around the World, in 105 countries including the USA, Canada,

Japan, Singapore, Dubai and South Africa, as well as on Sky Sports in the UK.

Ladies' Golf

The ladies' section has recently changed the colour of their team strip to incorporate cerise pullovers and polo shirts. A number of friendly matches have been successfully held throughout the county and several more are taking place, hopefully with plenty of newcomers joining in.

Taster sessions on some **Thursdays** (Club day) and **Saturdays** are going very well proving that "with the right company, even a new sport can be challenging and exhilarating rather than nerve racking and painful!" according to Ladies' Captain Henri Lewis.

On Monday 13 August there is a **ladies' Open competition** for which we hope to find 50-60 players, so if anyone wants to join in, please let me or Henri Lewis know.

park life

THE LATEST FROM BEST WESTERN UFFORD PARK HOTEL, GOLF & SPA



HEALTH & SPA UPDATE

NEW HOTEL MANAGER

FANTASTIC HOTEL BREAK OFFERS

GOLF DEMO DAY

From the Chair

The time has arrived for the second anniversary of the opening of our bedroom and golf extension and we are starting to observe real progress in attracting new visitors to the Driving Range, American Golf and Bar-Restaurant 19. Our bedroom occupancy levels continue to be excellent and as for the golf course, the changes and hotel gardens are now maturing beautifully and receiving lots of excellent comments.



Come on in!...Top row left to right Clive Edwards, Dave Courteen, Amber Foulger and Colin Aldous. Bottom row left to right Shirley Aldous, Tarnia Robertson and Jolyon Aldous.

All the success we have enjoyed to date I know can be attributed to the hard work of all the team here at Ufford Park, coupled with the recent personnel changes which are very much intended to support everyone's efforts. We welcome to the team Nicholas Holdsworth as Hotel Manager, Clive Edwards as Health & Spa Manager and Kennedy Mwange-Weweru as new Restaurant Manager - who has already identified the business to justify re-opening the Vista restaurant for Sunday lunches.

I would like to thank you all, our customers and staff for the understanding and patience shown when we recently re-surfaced the car-park with Tarmac. I know this has already received the thumbs up - much less dust during the summer months and no more pot-holes in winter.

We have had a very good response to the detailed questionnaire which has been a great help in directing the focus of customer care priorities in our business strategy and I am delighted to confirm the selected winners are as follows: **1st** MRS K NEWMAN, ESSEX who wins a 2 night break for a couple at The Abbey Hotel, Redditch. **2nd** MR & MRS P GURR, NORFOLK who win a Day Spa package for 2 people at Ufford Park Health and Spa. **3rd** MRS V CLARK, SUFFOLK who wins a £100 worth of credit on the driving range.

Finally, with Jolyon now settled in to his role of C.E.O., Shirley and I look forward to a very positive and successful period ahead for everyone at Best Western Ufford Park Hotel, Golf & Spa.

Meet our new manager

Nicholas Holdsworth has joined Ufford Park from Bylaugh Hall, Norfolk, having previously returned to the United Kingdom from a progressive career overseas.

Born in South East Asia, Nick spent the early years of his life living abroad due to his father's career in the Foreign & Commonwealth Office. Nick's established career in corporate hospitality began, however, much closer to home, in Devon, where he ran a Holiday Resort, following a stint at Stockbroking in the City.

He decided to train professionally and graduated from a 3 year course in hotel management at Westminster College, London, when he joined the Rank Organisation, building the foundation to his career with front office roles at both the five star Royal Garden and Athenaeum Hotels. In order to build up his food & beverage experience, he moved West once more, and worked as Deputy General Manager at the acclaimed Castle Hotel, Taunton, working with chefs Gary Rhodes and Phil Vickery.

Hotel operations

Nick moved to Gibraltar when an opportunity arose with the O'Callaghan Group of Hotels as General Manager - here he soon developed a firm appreciation of the requirements of the operational side of hotels, excellent corporate hospitality, sales and the management



Nick Holdsworth brings Ufford Park a global outlook on corporate hospitality.

of guests' entertainment, with golf very much a high priority.

When asked why he chose to join the team at Ufford Park Nick says: "It was because of the challenge of running the operations of not just a hotel, or a hotel with a golf club but also the Spa and leisure facilities. This scale of operation and level of diversity presents specific challenges and having experienced many other venues I felt I could really make a difference at

Ufford Park. I am focusing on consolidating the Food & Beverage outlets, the Health and Spa offerings and developing the training opportunities for the staff, so that Ufford Park becomes both a renowned corporate entity, as well as a truly remarkable resort destination. This, I believe, is the next commercial step for the business to take and I am looking forward to working with Jolyon Aldous and all of my colleagues to make this happen."

Up, up and away

Over £100 was recently raised for East Anglian Air Ambulance during a balloon release at Ufford Park.

The owner of the balloon which travels the furthest will win a fantastic Spa prize of a 3 hour experience for 2 people. Thanks to everyone who took part. We have now raised over £9,000 for the charity and should fulfil our pledge to raise £10,000 by the end of the year.



New menu at the meeting place

This summer don't miss the mouth-watering new menu at the Meeting Place. Here is a sample of what will be on offer from mid July.

Supreme of Halibut encrusted with Sesame & Mustard Seeds, served with Roasted Vegetables and Balsamic Glazed Potatoes

Moules Mariniere with French Bread & a Rocket Salad

Filletts of Pan Roasted Chicken Breast on a bed of Bubble & Squeak with a Carrot & Coriander Salad

Pan fried Calves Liver served with a Chicory & Cherry Tomato Salad

Oven Roasted Mediterranean Vegetable Lasagne with Garlic Bread & a Lettuce and Cucumber Salad

Spaghetti Putanesca. Spaghetti served with Capers, Olives, Artichoke Hearts, Chick Peas & a freshly made Chilli, Tomato and Basil Sauce

Porcini Mushroom & Goats Cheese Tartlets with Thyme, served with Onion Mash & a Rocket Salad

Sandwich selection

A warm Brie & Bacon Baguette served with a Tomato Salad

The Ufford Park B.L.T. A sandwich of Crisp Lettuce, Plum Tomatoes and Suffolk Back Bacon with a Course Grain Mustard Mayonnaise

Locally caught Prawn & Crab Baguette served with a Marie Rose Sauce & fresh Lime Juice with a Cucumber & Red Pepper Salad

An afternoon of dancing

On July 22nd, Ladies' Captain Henri Lewis and her associate Maureen are running the 2nd Summer Day of Dance at Ufford Park.

Featuring a series of individually booked sessions from 2pm and following on throughout the afternoon, the day is rounded off with a Hafla (party) with

Middle Eastern style buffet and a Performers' Showcase. Sessions range from £7.50 to £8.50 each with the evening Hafla costing just £10.

Bookings need to be received as soon as possible. Call Henri on 01728 723184 or Maureen on 01728 688620 or pick up a booking form from the hotel or golf reception.



Summer events in the region

Do you have friends and family visiting this summer? Why not suggest they stay at Ufford Park and take them to visit exciting happenings at Sutton Hoo or why not have dinner before going to see performances?

Saturday 4th & Sunday 5th August Saxons at Sutton Hoo.

Meet Anglo-Saxon warriors, craftsmen & women & learn the secrets of their ancient skills.

Saturday 25th August Open Air Concert - The Hound of the Baskervilles, Sutton Hoo.

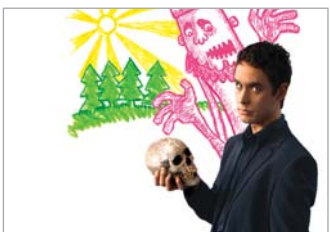
Illyria presents an open-air performance of the Sherlock Holmes mystery 'The Hound of the Baskervilles'. Chills, chuckles (and a nice doggie) in this adaptation of Sir Arthur Conan Doyle's classic.

8th - 26th August Hamlet, Rendlesham Forest.

Red Rose Chain presents Shakespeare's 'Hamlet' in Rendlesham Forest from 8th to 26th August.



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Tranmer House, Sutton Hoo, Woodbridge, Suffolk IP12 3DJ Telephone: 01394 389700

Fantastic hotel breaks

August Bank Holiday offers at Ufford Park

3 for 2
Pay for two nights and get the third FREE!

Here at Ufford Park we want you to bring your friends and families to stay with us over the August Bank Holiday. To persuade you to invite them we have some amazing 3 NIGHTS FOR THE PRICE OF 2 deals on offer.



Golf £219pp

Includes 3 course dinner from our House Menu, bed & full English breakfast and up to one round of golf per day (subject to availability). This also includes use of our Health Club (excluding the Thermal Suite).



Leisure £150pp

Includes 3 course dinner from our House Menu, bed and full English breakfast and use of our Health Club (excluding the Thermal Suite).



Spa £199pp

Includes a 3 course dinner from our House Menu, bed & full English breakfast with full use of our Health Club, 3 hours in our Thermal Suite and a £50 voucher towards personal treatments.

Each 3 night break is based upon 2 people sharing a standard room.

FOR MORE INFORMATION AND BOOKINGS CALL 01394 383555

Flynnstar sponsor Tarnia's 100 mile cycling challenge

Tarnia Robertson, Ufford Park's vibrant marketing director recently raised money for charity by cycling nearly 100 miles from London to Woodbridge with friend and fellow Ufford Park leisure member, Clare Lamb. The charity was the Seckford Foundation and the ride was from Sekforde Street near Holborn to Seckford Street in Woodbridge.

Not renowned for her cycling prowess, to start her gruelling training regime, Tarnia first had to find a suitable bike to use in place of

the heavy mountain bike she had grown to know and love. Fortunately, Stephen from Flynnstar Bicycles of Cobbold Road, Felixstowe, (01394 274701) sponsored

Tarnia's ride so it was a little less painful! (And no - they didn't use Sat-Nav!) Clare and Tarnia had a wheelie good time on the cycle ride!

