

Hi everyone,

As ever there's loads going on around the club, things that have happened and things that are just around the corner.

Hopefully the disruption in the gym was worth it, with the carpet being replaced. The new dumbbells and punch bag are also now here – other new bits and pieces will follow shortly round the club.

Another change at the club happens on October 1st when the kitchen here at the club changes hands and becomes known as 'Appetite'. Neil Walker is coming from his position as Head Chef at The Landsdowne on London Road to cook here – you lucky people! Fairly soon we hope to put the menu on the website (www.abbeysports.co.uk), I've had a sneak preview and it looks fantastic!

On the same subject Husna is leaving us at the end of September. Whilst we aren't totally free of her (she's still coming in as a member) we'll all sincerely miss her infectious personality and thank her for all she's done at the club.

Socially, last month saw the Robbie Williams tribute night – if anyone has any photos please let us have them to put on here! Soul Night was also a success, the next one is on Friday September 19th.

Saturday September 27th is Members' Night at the club. Need I say more?!? It's the usual drill; good music (Bob's on holiday), good food, happy hour etc! Tickets are available now at reception. After that the next date for your diary is the Hallowe'en Party on Sat 1st November.

Finally I should mention that we have Setanta Sports here at the club. As well as all the England away World Cup qualifiers, there are plenty of extra Premiership games we can now access.

Definitely finally... remember this month's referral offer. If you recommend someone to join the club in September you'll both receive a complimentary back and shoulder massage at Absolute Beauty.

Definitely definitely finally, please keep encouraging people to join this Facebook group, it's the best way of sharing the joy (!?) – no spam filters as with regular email newsletters.

Thanks for reading, see you at the club soon,

Andy