OCT 2026

Hillingdon Community Sports Update

GLL Senior Club Games competitors celebrate 20th Anniversary

Timed Cycle Team Retains Award for 2nd year!

The major highlight for the team was winning the Timed Cycle award for the second year in a row.

The event required five members to pedal as far as possible on a stationary bike during a 40-minute period. The team began well from the start using a structured rotation strategy: Jeff Moosa completed the core distance with 10-minute endurance stints. Sarah Tong, Ruffina McIntyre, Sonja Binns, and Angie Brydges kept the quick pace with fast sprints and 2 minute rotations.

The atmosphere around the Timed Cycle was electric with the Hillingdon team and the Hackney team supporters chanting to keep the energy levels high throughout the 40 minutes. The volume of the support attracted a visit from Basketball Commonwealth Gold Medal winner and Senior Club Games Ambassador, Ashley Hamilton, who dropped by to see what was causing such a stir. He grabbed some Hillingdon Pom Poms and happily joined in the chants!























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Timed Swim, Walking Netball and Pickleball



Earlier in the month, on Thursday 8th October, the Hillingdon swim team, led by Boo Smith, heralded the best swim result for Hillingdon, coming a strong 5th place (out of 22 participating partnerships) with a team made up of Hillingdon Triathlete members. Boo was initially reticent to be involved in the competition, but later said 'huge thanks from me - we had a fabulous morning, and it was a joy to represent Hillingdon



On Wednesday 16th October, another group of Hillingdon seniors took a minibus to the Queen Elizabeth Olympic Park Tennis and Hockey Centre and the Velo Centre in Stratford, East London to compete in Walking Netball and Pickleball competitions. The journey to the event was full of high spirits and some singing along to the radio!

Sadly, the Walking Netball team struggled to field a team due to a last-minute injury and a key team member breaking her ankle! However, they were determined to participate and with the support of some of the other teams they managed to compete and were delighted to win their last match, coming 9th out of 10 teams participating.



The 2 pickleball pairs were amazed by the venue but found the competition challenging at times. Both pairs have only been playing Pickleball as a social sport for 10 months; however they loved the experience of playing against new pairings and the experience has spurred them on to develop their skills.

All the teams playing at all the various venues said they had a very positive experience and all keen to sign up for the 2027 games – with some already discussing preparation and tactics… watch this space!







World Stroke Day – 29th October
Stroke Awareness in Hillingdon

Did you know that someone in the UK has a stroke every 5 minutes?

Each of those people, and their families, may face a long and gruelling journey to recovery.



GLL is delighted to be exploring a new partnership with the Stroke Association to help raise awareness of stroke prevention and support within our local communities.

Recently, Cath Alderton from the local Hillingdon branch of the Stroke Association contacted GLL Community Sports Manager Angie Brydges to explore opportunities to connect with local leisure centres and engage with their members to highlight Stroke awareness close to World Stroke Day.

The introduction came following the positive experience of Tracy, a Healthwise member who regularly attends the Senior Sessions at Hillingdon Sport and Leisure Complex and has also taken part in Walking Netball. Tracy has found that taking part in these social sporting activities has helped her build confidence, improve her physical strength and develop her coordination, while also providing valuable opportunities to socialise and connect with others.

Cath and her husband Steve who is a stroke survivor, have attended the Botwell Green Senior social sessions to talk with the members and also had a stall at Platinum Jubilee Leisure Centre to meet with customers and share information about dietary changes that can help reduce the risk of strokes, and highlighting the support available through the Stroke Association.

Alongside this one of our regular daytime swimmers who is a wheelchair user, Neil, required a period of rehabilitation at Hillingdon hospital and met 5 people of varying ages who had all had strokes. Neil learnt about how severely strokes can affect people and how long rehabilitation can take. When Neil was able to return home, he felt inspired to set himself a personal challenge of swimming 2 marathons (53 miles) spread over 16 weeks, to raise money for the Stroke association. He is currently swimming 2k with 3-4 swimming sessions per week. Neil realises the huge undertaking for him, but he wants to prove to himself that having a disability does not mean he cannot challenge himself. Currently Neil has raised £779.00 of his £1,000 target.

Bake sales in Hillingdon leisure center's raise funds for Macmillan Cancer Support

October proved to be a fabulous month to encourage staff and customers to prepare some sweet treats to raise funds for a charity that supports so many people living with cancer diagnoses. Hillingdon Sport and Leisure Complex, Botwell Green Sport and Leisure Centre and Platinum Jubilee Leisure Centre all joined together to hold individual sales at their center's raising an incredible £766.00!

Our thanks go to everyone who provided the tempting treats - the wonderful staff and members who took the time to make homemade bakes and those who donated items on the day ..... and also to those very disciplined individuals who gave money, but denied themselves a cake!



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Happy Chat Scheme in Hillingdon Leisure Centres

Alongside the sweet treats, Angie Brydges Community Sport Manager took the opportunity to introduce the Happy to chat to the Leisure Centre Staff and members.

Happy to Chat is a social initiative devised by Brunel University, encouraging friendly conversations between people in public spaces. By wearing the Happy to Chat badges, participants signal their availability and willingness to engage in social connections hopefully sparking a conversation. Happy to Chat can be used by individuals on their own or by organisations for employees and users to wear in the workplace. Wearing the Happy to Chat badges helps create a friendlier atmosphere in communities, increasing happiness, reducing anxiety and combating loneliness.

Not everyone feels comfortable initiating a conversation, so Brunel have developed resources to help people start the conversation.

Consideration has also been given to when and where people may feel safe wearing the badge and leisure centers feel like a positive place to start a conversation - probably about fitness levels and motivation!

Badges are available for collection at the leisure centers.





A Magical Half-Term Visit to the Barn in Ruislip Manor Farm!



Angie Brydges, Community Sport Manager, and Tyson Alexander, Concierge at Highgrove Pool and Fitness Centre, were delighted to join the Harry Potter-themed library event at Manor Farm Barn in Ruislip during the October half-term. Many of the children arrived dressed as their favourite Harry Potter characters, adding to the magical atmosphere!

Angie and Tyson encouraged the young wizards to take part in a fun throwing challenge, seeing how many Hagrid Hoops they could throw over the witches' hats. For those who found this a little 'tricky', there was an alternative challenge: throwing Bogie Bean Bags into cobweb baskets! The children collected House Points throughout the activities, which were proudly recorded on their event report cards.

Tyson even put Harry's famous 'Expelliarmus' spell to good use, successfully capturing the children's attention while telling them about swimming crash courses, Junior Gym and social sports opportunities for adults.
Angie and Tyson were delighted to be part of such a magical event and were relieved to make it safely home without being cursed by any of the young wizards!

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