



Introducing The Hall

A Centre for Exercise, Fitness and Community Events

The North Field building will have a core purpose and strong focus – encouraging and supporting fitness, good health and wellbeing for all members of the Mercia community. The simple and flexible design will lend itself to a wide variety of activities for all abilities and so benefit as many people as possible. The complementary outside space will be for exercise or sports alongside social events. The Marina needs a Centre that is easy to use, easy to access, available all year round, throughout the day and all evening. It will be an important, practical and attractive addition to the Marina's facilities which will encourage the development of new initiatives and activities.

The main hall will have no fixed equipment but the stored mats, studio steps and other small portable equipment will allow for a wide variety of chair-based and regular exercise and formal classes –



e.g. Yoga, Pilates, Tai Chi, Line Dancing, Walking Netball, Zumba and Dance Aerobics – so that a wide range of ability levels are included.

A separate smaller room will cater for meetings, group activities and as a casual social space. A kitchen area will provide hot or cold drinks, simple food preparation and it will support social functions and events at The Hall.

A storeroom, an area for leaving coats and outdoor shoes and an accessible

unisex toilet/washbasin completes the functional indoor space.

The Hall's audio-visual provision will support talks on health and safety, first aid and healthy living as well as prompt new initiatives such as a Film Club or Movie Nights and Tea Dances! A movable stage will aid those leading exercise classes and in performances such as Pantomimes or music evenings. In the immediate surrounding area there



will be outdoor gym equipment, a sports' area for tennis, netball, football, other sports or exercise classes and a grassed area for informal social gatherings and picnics or be used as part of Marina events.

There will be a 'blue badge' and scooter parking area and ramp access to the Hall.





GREAT ORMOND STREET HOSPITAL CHARITY
Great Ormond Street Children's Hospital
Reg. Charity No. 1100004

Saddle up for A Night At The Races

(at our very own Ascot by the water)

Willow Tree Tea Rooms
Friday 23 August, from 7.30

To help Mercian Matt Franklin's marathon cycling attempt and to benefit Great Ormond Street Hospital for Children G.O.S.H.

Come along and have a little flutter.... £1 per bet to win, but don't delay in securing your ticket. Numbers are very limited

Tickets are a mere £3
Available at the Marina Office
and include a finger buffet.
Please bring your own drinks



Ian Carroll



Supermen

Mercia's Matt Franklin, along with his cycling pals Phil and Paul, raised nearly £700 during their static ride on the Bandstand last month. After seven hours of riding they covered 134 Miles in preparation for their Land's End to John O' Groats Charity ride in September. Mercians can show their support for Matt at our grand charity Race Night, being held on Friday 23 August.

Fire Damage



This fire damage was brought to Ian Carroll's attention a couple of weeks ago. He can't be sure, but thinks a cigarette may have been dropped from a window as the damage is nowhere near an exhaust or other heat source. This could have resulted in a serious fire on the marina; please will everyone be careful about discarding cigarettes and cigarette butts (read the accompanying piece about them).



Cigarettes are the number one littered item in the UK and – even worse – it's a plastic item. The British ban on indoor public-smoking has resulted in people going outside to have a puff and it seems that a lot of them then chuck the butt away before going back inside.

Keep Britain Tidy estimates that there has been a 43% increase in cigarette littering as a result of the ban with cigarette butts discarded in streets, drains and flower-beds. These butts, and 90% of them have a plastic filter, then find their way through the canal, stream and river systems to end up in the sea. Cigarette filters don't contain only plastic; there is also a nasty cocktail of toxic substances: arsenic (rat poison!), lead, nicotine and pesticides. As the filter disintegrates, the chemicals seep into the soil or the water. San Diego University in the US did a test with fish: they let them swim around in water where cigarette filters had been floating for 24 hours (one filter per litre of water). After a couple of days, half of the fish were dead.

Please don't drop your butt – make sure it is safely extinguished and **BIN IT**.



Jude on Recycling

I have written so much in the past about our need in this green space to be more green in our recycling **BUT** recently it seems that I **NEED** to have another **GO!**

I took out a full box of eggs, a broccoli stalk, used tea bags and a filled poo bag out of the four Recycling Bins on the corner in the last few days!

Another resident came to my boat today and asked if I am still active in my role as a recycler, as he sees so much recyclable waste put into the general waste bins that it makes him very angry! And he was.

So I am reminding everyone that as you go round the Marina there are General Waste Bins just inside the gate (**not to be used for recyclables**). Then on the first corner opposite the bike store, are 4 recycling bins to be filled with Dry Recyclables: plastic, cardboard (flattened), paper cans and tins and plastic bottles and trays. Plus a bottle bin.

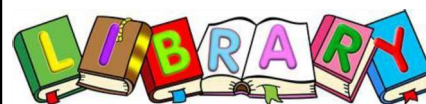
At the second service block there are domestic waste bins (**not to be used for recyclables**) and a bottle bin. At the third service block are a couple of general wastebins (**not to be used for recyclables**) and a couple of recyclable bins. Further round on the way down to Streethay Wharf are a couple of recyclable bins.

Come and see me if you have a query or disagree – perhaps I can make you see... I am on Alice on K1.

I am currently trying out a new Clothes Washing product called SMOL which comes through the post and its packaging can be recycled back to the makers. It is cheaper than the standard brands – I will let you know how it works out. In these very changeable world times recycling is something we can do – so please **DO YOUR BIT** too...Jude



St Michael's Church



1st Wednesday of every month
1030 – 1200

Refreshments are available

A warm welcome is to be held by anyone that walks in.

It doesn't cost anything to borrow a book and there is a large variety to choose from, from fiction, adventure, crime, biographies and there are even children's books so why not come along and see for yourselves.

Why not bring your children or grandchildren.

All we ask is that you return the book when you have finished reading them.



**Our thanks to
Midland Chandlers
for their support with this
newsletter**

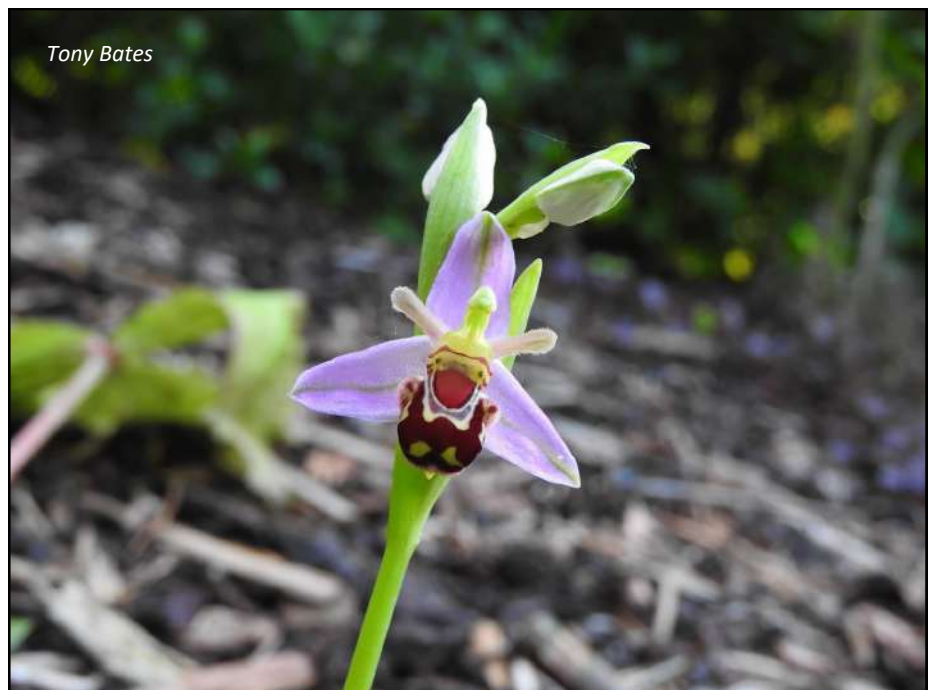


Mercia Photography June Winners

Nature reigns supreme at Mercia, as can be seen by these latest photography competition winners, Amy Ogden, Mike Coates and Tony Bates. All monthly winners receive either a bottle of Prosecco or box of chocolates from the Marina Office.

If you have a photograph of the Marina you think is worthy of entry then let the office have a copy and you might see it on the back page of the *Mercury* next month.

To enter the monthly competition, send your 'Mercia Marina' photographs to tony@merciamarina.co.uk



Just another gentle reminder that the 10mph speed limit in place around the marina is there to protect everybody. Respect it....or face the consequences.

SAVE WATER IN LOCKS

Wait up to
30 mins



for another boat



Share locks
to save
1,000 baths
of water



Close all
gates &
paddles
(unless signs say
otherwise)

Report problems to 0303 040 4040

Our emergency number 0800 47 999 47



Nobody wants to hear the sound of the bottom of their boat scratching along the canal bed, so CRT are appealing to all boaters to take their time at locks and look around and wait a while

before going into a wide lock. They estimate that sharing locks save thousands of gallons of water. And don't forget to close all gates and paddles (unless signage says otherwise).