



★★★★★



ROCK LIFE



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MEMORIES *to last* a LIFETIME



Hole in one

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Nourish the soul

Matthew Fletcher discusses foodie delights and life at Nu Sana.

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Barefoot luxury

Why we took the plunge and said goodbye to disposable slippers.

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WELCOME to ROCK LIFE

Welcome to the summer edition of Rock Life, our quarterly newspaper showcasing the best of 5-star luxury in the North East. In this edition we give you all the reasons why a staycation at Rockliffe Hall may just be the best vacation you've ever had, from indulging al fresco on one of our three outdoor terraces to unwinding in our award-winning Spa and Spa Garden after a busy day exploring the beautiful County Durham countryside. There is something for everyone here at Rockliffe Hall and I encourage you to take advantage of our beautiful surroundings and make

memories that will last a lifetime.

Whether you are with us for the night or are reading this from outside the resort, I hope Rock Life gives you plenty of inspiration for what to do while you are with us or encouragement that Rockliffe Hall should be next on your must-visit list.

Happy reading and I hope you have a wonderful stay (or future stay!) with us.

Jason Adams

Jason Adams
Managing Director



+

LET US KNOW YOUR THOUGHTS

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FIRST look

A sneak peek into
the New Hall Rooms...

Our New Hall Rooms have recently been given a new lease of life. While the big reveal remains under wraps for a little longer, we caught up with Peter Turner and Casey Hall from Cocoon and Bauer, who helped bring our vision to life.

Tell us about the project...

Rockliffe Hall enlisted us, Cocoon and Bauer, to help bring new life to their New Hall Rooms. New Hall, which has 33 bedrooms in total and is spread across three floors, was built approximately 12 years ago and was in need of renovation. Although this is the newer addition of the hotel, the interior still needed to represent Rockliffe Hall as a whole.

What was the Rockliffe Hall vision and how did you help bring it to life?

Rockliffe Hall wanted to bring the rooms into the modern era, as the previous design was tired and dated. It was essential to keep some elements



of the furniture, while adding lots of new touches, transforming the colour scheme and making the bedrooms feel like five-star luxury. The new design needed to have longevity and a luxurious feel. We provided CGIs of our proposal, which brings our vision to life and is easier for the client to understand.

What can you tell us about the journey so far?

The design process was pretty easy! Early stages of the design included space planning and agreeing on a final layout for each bedroom. As we were keeping the

headboard feature, the beds were to stay in the same location, so it was about planning the lounge and keeping up with five-star requirements to include dining facilities.

Choosing samples is such an exciting part of a project, as we really get to bring the colours and textures to life. We then presented our whole scheme for Design One to Rockliffe Hall, which they loved and we decided to go ahead.

Design One was proposed to sit throughout the first floor of the New Hall. As the hotel is always busy, we proposed to refurbish two-three rooms at a time, which took around three-four weeks. In this time all electrics would be done, underlay and carpet would be laid, decorating would be complete and then our interior designers would come in at the end and add all of the finishing touches. Curtains and voiles would be hung last, and we would then pass it over to Rockliffe Hall's housekeeping team.

Our interior designers then started working on the other two designs for the remaining floors, which got signed off pretty quickly and the roll out soon got planned into our schedule. To date, we have completed Design One and Design Two, and are now underway with Design Three.

Has there been any hiccups along the way?

The original bed throws in Design One were in a navy velvet, similar to the sofa,

When the first floor had been completed, the throw fabric had to be changed to a more neutral and forgiving fabric. Diane, from housekeeping, did warn us about the white stains!

What can guests expect from the new look?

Guests can expect a completely different space – the transformation is huge. The previous design was dated, with the new design giving the space a new lease of life.

What's your favourite thing about the New Hall Rooms?

Our favourite thing about all the bedrooms is the feeling the interior gives us when we first walk in. It is unmatched. Can you tell us about the interior design choices?

Each design has its own personality, yet has the ability to complement one another. This is a nod to the previous look of the bedrooms as each bedroom had individuality in some way. The same principles are used throughout, which make all designs work together.

All designs needed to scream luxurious and timeless, while creating a warm and welcoming feeling to all guests through the choice of a sophisticated colour palette. Styles of furniture throughout all of the bedrooms are the same, with the different fabrics and finishes creating a variety of different looks. Occasional chairs in all designs are a real feature,

as they are upholstered in a bold fabric. This complements the other textured fabrics around the room.

Design One is a slightly moodier space, with a darker textured wallcovering and natural carpet. The sophisticated colour scheme displays navy and amber through soft furnishings and accessories.

Design Two is a reverse of Design One, with lighter wallcovering and darker carpet. Colours and finishes which are taken from nature give these rooms a biophilic design. We wanted the outdoors to link through the interior, giving these spaces a sense of location.

Design Three has a similar colour scheme to Design One. These rooms are neutral with slight pops of colour in the form of navy and burnt amber.

Where does your inspiration come from?

Our inspiration for each scheme was different. As we have previously mentioned, the Design Two inspiration

came from the ground floor location and its proximity to nature. But all three designs were influenced by a modern, classic design with longevity at its heart.

Where do you source your materials?

As with all our projects, we source all our furniture and accessories from our own accounts and where possible, specified from British manufacturers. For instance, the table lamps in Design One and Three are hand blown glass and made in Kent from a company called Heathfield. The bespoke elements are all manufactured from our local trade partners.

Best thing about working with Rockliffe Hall?

It has been a pleasure to work with the whole team at Rockliffe Hall, from Ivor and the maintenance team, to Diane and housekeeping, all the way up to Jason and Warwick. The whole process has been a delight.



Spotlight on

PETER TURNER

Managing Director at Cocoon & Bauer and Bauer at Home

A little bit about you...

I'm Managing Director at Cocoon & Bauer and Bauer at Home. I started Cocoon & Bauer nearly six years ago and opened Bauer at Home when we moved onto Yarm High Street. My role has changed through the years from being Primary Designer to a more Creative Director role, overseeing all the work which gets presented to our clients.

The day job brings...

Each day differs from one to the next! But a stereotypical day would start with being at the gym before work, I then head to the office with JB (dog and Chief Morale Officer) to speak with the team and catch up on any projects. I'll usually have meetings planned each day – whether that's with potential new clients or meeting existing ones on site. I tend to return back to walk the dog before doing most of the interior design work in the evening!

What's your favourite thing about your job?

Transforming spaces and seeing the clients reaction. There's nothing better than seeing how we've made a positive impact on someone's life whether it be at home, at work or where they go to unwind.

Your biggest achievement at Cocoon & Bauer?

There's been quite a few! We've recently won best fit-out/ refurbishment for Portland House in Newcastle at the Insider Property Awards. We were nominated for best commercial design at the Northern Design Awards and obviously winning the tender for the work at Rockliffe!

Hobbies outside of work?

I spend most mornings at the gym, and love music, cooking and listening to podcasts. I go to Manchester United home games quite often and love to travel.

{ ROCKLIFFE regulars }

**AWARD-WINNING ARTIST, LUCY PITTAWAY TELLS US
WHY SHE LOVES ROCKLIFFE HALL...**



What's your favourite thing about visiting Rockliffe Hall?

The calming nature that sweeps over you as soon as you arrive is amazing. The resort never fails to impress me, from the divine smelling spa, the luxurious rooms to the afternoon tea, everything is designed to make you feel at peace.

Why do you love the area?

Rockliffe Hall and the surrounding area is truly breathtaking. I currently live in North Yorkshire and have lived in the North East/North Yorkshire region most of my life. The sheer size of Yorkshire affords us so many opportunities to enjoy diverse landscapes such as fells and valleys, amazing coastlines and vibrant cities – there is something for everyone.

What does downtime look like to you?

I practise mindfulness including meditations, journaling, and yoga. These forms of exercises really help me feel balanced which is great when the work-life balance is a challenge.

Tell us about any exciting projects you're working on at the moment?

I have recently released one of my largest collections to date. It really took me out of my comfort zone as I moved away from my iconic sheep and focused on everyone's favourite four-legged friends – dogs.

I grew up with dogs in our family and they have always been part of my life, so the collection had been on the cards for a while, it was just a case of finding the right time. It was a rollercoaster collection but I loved every minute of it. It wasn't always easy, and some pieces were incredibly challenging. No matter how much I love dogs, the reality of painting them was very different. As a subject, dogs are quite different to sheep, and it took me a while to fully understand this and be able to represent the expressions and personalities of each one. Inspired partially by our current Jack Russell Patsy; she'll climb up mountains with us and jump on the paddleboards in the summer, she's super easy and fun; we can take her anywhere.

A Rockliffe SUMMER



Time to create memories with an epic summer staycation at Rockliffe Hall...



When it comes to planning a memorable summer staycation, escaping the hustle and bustle of everyday life is often at the top of the agenda. Imagine a place where luxury meets tranquility, where adventure and relaxation intertwine seamlessly. Cue Rockliffe Hall. This summer, we invite you to discover the staycation of a lifetime at our remarkable resort. A truly unique place where indulgence, excitement, and natural beauty await.

UNPARALLELED ACCOMMODATIONS

A stay at Rockliffe Hall promises optimum luxury. You'll find a selection of extraordinary accommodations that cater to your every need. Whether you prefer a stylish room, a spacious suite, or even a private lodge, each option exudes elegance and comfort. Immerse yourself in a world of lavish amenities, plush furnishings, and breathtaking views, ensuring that your stay is nothing short of exceptional. We pride ourselves on a few different things, and one of the biggest is how we

bring the best of everything together; with our main house emerging from the best of its old world origins, with classical furnishings and timeless luxuries, and its new world place as one of County Durham's finest hotels - resplendently brought into the now with modern amenities and service. The newest of the New Hall rooms are the epitome of this combination, featuring spacious en-suites with super comfy king beds, mood lighting for however you feel, air-conditioning for the beautiful summers, extensive lounge seating for those moments where chilling out is the first priority, a dressing area and separate WC. The stunning marble bathrooms include double sinks (so there's no more fighting to brush your teeth!), a walk-in monsoon shower and separate bath with a featured tile TV. We like to think that the Tiplady Lodge combines space and distanced comfort of suite living with the luxuries and timeless classy style that Rockliffe has to offer. They provide the perfect blend of modern comfort and natural beauty. Surrounded by picturesque landscapes, each lodge

exudes elegance and tranquility, inviting guests to unwind and reconnect with nature. Step inside and be greeted by spacious living areas, stylish furnishings, and state-of-the-art amenities. For when you want to feel at home away from home, bringing the holiday to the everyday, we feel that nothing beats the Woodland Mews experience; located just 2-3 minutes walk from the main



house. These four bed luxury homes bring those beautiful amenities and Rockliffe charm to the experience of self-catered home-style living. We understand that sometimes you just want pick your house up and take it with you, and this is the closest there is; this self-catering stay puts you in the house of your dreams - with one double en-suite room, two twins and a single, sleeping up to seven people in the highest comfort, a beautiful and spacious bathroom with large and comfortable amenities, access to a private lawn with woodland views and access to the amazing spa services of the main house until checkout, we feel this is everything of home and everything of Rockliffe brought together. We know that, sometimes, we all need a break from the action, from the rushing of it all, in a place of comfort and ease, and with that in mind we introduce the Armstrong House Apartments. Each kitted out with fantastic views of the shared garden and the woodlands around, a private bathroom with bath and shower, and check-in to check-out access of the spa, our range of rooms has been put together with small families, couples, and accessibility all in mind.

EXQUISITE DINING

Indulge your senses in a culinary journey like no other at Rockliffe Hall. Our wonderful resort boasts an array of exquisite dining options, each offering a unique foodie experience. Prepare to be captivated by the gastronomic delights that await you at The Orangery, a place where



seasonal, fine-dining cuisine takes centre stage. Immerse yourself in a symphony of taste as you savour every bite of meticulously prepared dishes, showcasing the finest locally sourced ingredients. From delicate seafood creations to succulent cuts of meat, each dish is a work of culinary perfection. It's the perfect spot for a bite to eat, a place where classic favourites and innovative twists combine to create a menu that satisfies every palate. Nu Sana, a casual eatery located above the award-winning spa offers a nutrition-led menu featuring nourishing and fragrant dishes. Think Buddha bowls, pad thai and freshly prepared salads, as well as a delicious breakfast and brunch menu. There truly

Imagine a place where luxury meets tranquility, where adventure and relaxation intertwine seamlessly. Cue Rockliffe Hall....

is something for everyone. The list doesn't end there, our beloved cocktail bar and afternoon tea offering is always a great way to treat the taste buds. As we begin to enter the warmer climes of summer, taking to the terrace to enjoy a spot of outdoor dining couldn't come more highly recommended. The Clubhouse and Nu Sana terraces are perfect for whiling away the summer hours while tucking into some fine cuisine.

UNWIND AND REJUVENATE

The award-winning spa at Rockliffe Hall is a haven of relaxation, promising to rejuvenate your mind, body, and soul.

Experience a world-class range of treatments and therapies, from soothing massages to invigorating facials. As the warmer weather kicks in, taking full advantage of the Spa Garden couldn't come more highly recommended. Complete with an outdoor hydrotherapy pool, thermal bathing, and rolling views of nature's beauty, it's a true oasis of serenity, where stress and worries fade away.

ENDLESS ACTIVITIES

While a stay with us offers serenity, we've also got a hub of exciting activities. Tee off on the Championship golf course, engage in a game of tennis or participate in a clay pigeon shooting session. Nature lovers can explore the stunning surrounding countryside through picturesque walking trails or venture out on a bike ride. Whatever your interests, we've got an activity to suit your desires.

EXPLORE COUNTY DURHAM

As tempting as it may be to stay within the confines of Rockliffe Hall, the surrounding area of County Durham beckons you to explore its treasures. Discover the culture awaiting you at Durham Cathedral or immerse yourself in history at Beamish Museum, explore one of England's most breathtaking natural wonders, High Force Waterfall or take a trip to the magnificent city centre where an abundance of shops, cafés and pubs await. There's never been a better time to embrace the enchantment of a staycation at Rockliffe Hall. Revel in the lap of luxury, unwind in the tranquil surroundings, and embark on thrilling adventures in the heart of nature. With unparalleled accommodations, exceptional dining, rejuvenating spa, and a host of exciting activities, a stay with us promises an unforgettable summer experience.

{ MAKE *a* DATE }



THE SUN IS SHINING, THE FLOWERS ARE IN FULL BLOOM AND WE'RE READY TO HOST A JAM-PACKED SUMMER AT ROCKLIFFE HALL.

FOOD & DRINK

From al fresco dining and fragrant dishes in Nu Sana, to sipping Champagne on the terrace as the sun goes down, there's plenty to look forward to when it comes to having a bite to eat and a sip of the good stuff.



RELAX & UNWIND

A trip to the spa is welcome all year round, but when the sun begins to shine our Spa Garden comes to life. Relax on the sunloungers, take a dip in the outdoor pool, the day is yours to do as you please.

LAY YOUR HEAD

Looking to escape this summer? Why not book one of our luxury overnight stays? With plenty going on around the estate, there's never been a better time to make a date and explore the best of what Rockliffe Hall has to offer.



GOLF

Join us for the Rockliffe Hall Pro Am Golf Event on Tuesday 25 July. Pro-Am Golf competitions will give you a great day out whether you are planning a get together with a group of friends, a business entertaining clients or perhaps a motivational day out for your team. The competition is for a team of four players (3 Amateurs and 1 PGA Professional) off the White Tees. The Championship golf course at Rockliffe Hall is a stunning parkland golf course set in the North East countryside. The greens are immaculate and each hole has its own unique characteristics.





EAT, *sleep*, SPA, *repeat*...

Press pause and retreat to Rockliffe Hall for a moment of bliss...

Feeling burnt out? Looking to switch off from the rest of the world? Or simply just looking for a moment to indulge in a spot of much-needed relaxation? We've got you covered with our ultimate spa break experience.

For those seeking some much-needed top-to-toe pampering, this carefully created spa experience is just what the doctor ordered.

Take a break out of your busy schedule, pack your overnight bag and escape to Rockliffe Hall.

Upon arrival, we invite you to pop on your fluffy robe and enjoy use of the award-winning spa including the hydrotherapy pool, heat treatment rooms, outdoor hot tub and swimming pool from

11am on your arrival day, along with a 60-minute treatment and 45-minute Mud Rasul Ritual for each person.

Treat your taste buds to a delicious brunch or lunch in Nu Sana, followed by an indulgent evening meal in the relaxing setting of The Clubhouse.

While on resort, enjoy a walk around the beautiful grounds including our newly refurbished Walled Gardens or even serve up a swing on the all weather tennis courts which are complimentary for guests.

Enjoy a full English breakfast the following morning, served in Nu Sana, before continuing to relax in the Spa until 11am.

Say goodbye feeling relaxed, rejuvenated and ready to take on the world.



What's included?

Use of the award-winning Spa from 11am on your arrival day until 11am on your departure day
Two-course brunch or lunch in Nu Sana

A 60-minute spa treatment for each guest

A 45-minute mud rasul steam bathing experience (minimum of two people)

Two-course dinner in The Clubhouse

Full English breakfast in Nu Sana the following morning

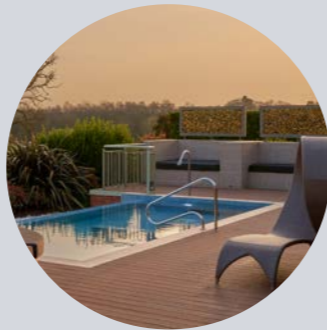
Use of the tennis courts and gym
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Whether it's a special occasion or just to say thank you, we've got the perfect gift for anyone, any occasion, any time. From overnight stays, relaxing spa breaks, dining and golf, we've got an abundance of delightful ways to put smiles on faces with our variety of gift vouchers.

For the foodie in your life, a traditional afternoon tea or Sunday lunch in The Clubhouse is guaranteed to go down a treat. Spa treatments, overnight stays and even weekend breaks are perfect for those who deserve a little 'me time'. We've also got a selection of carefully curated golf gifts for avid golfers, as well as monetary value vouchers, memberships and more.



Scan the QR code to explore the variety of gifts available.

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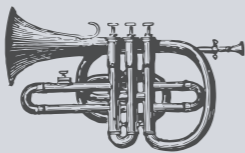
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RESTAURANT FOCUS:

Nu Sana

Matthew Fletcher, head chef at Nu Sana, discusses seasonal ingredients, nutritious dishes and the importance of a work life balance...



As diners, we don't often think about the amount of hard work, long hours and dedication that goes into every bite of our indulgent meal. We're seated at our table and enjoy an hour or two of palate-pleasing moments before saying goodbye for the evening. One thing we don't consider is how long the chefs in the kitchen have been there and how long they'll remain there after we've left. The restaurant industry is renowned for its long hours and late nights, something Matthew was growing tired of until the exciting opportunity to lead the Nu Sana kitchen at Rockliffe Hall presented itself. "I'm originally from

Bishop Auckland, but when I finished my catering course in college at 18, I headed for my first job in a little village hotel in the Lake District," he begins to explain. "That was probably one of my favourite jobs," he smiles. "It was great and there was lots to get stuck into. From breakfasts and afternoon teas, to working with lots of great local produce, it was probably one of the best first jobs a chef could ask for. When you're first starting out, you're often thrown into a corner peeling potatoes, so this was a great opportunity for me. There was plenty going on and I got to learn a lot of new skills across different areas in the

kitchen," he explains. "After around two years, I left there and actually had a brief stint at Rockliffe Hall for around six months, but it just wasn't the right timing for me. I then went to the Black Bull Inn in Moulton where I spent six years making my way from pastry chef to head chef and that was my first head chef role. I learned a lot of Dos and Don'ts here. And then shortly after that, I received a call about a new opportunity at Rockliffe Hall." An exciting new head chef position opened up at Rockliffe Hall, offering the successful candidate the opportunity to lead the way in one of Rockliffe's new and vibrant eateries. The opportunity couldn't have come at a better time for Matthew. At this point, he was looking for a change. After recently welcoming his daughter into the world, Matthew found himself looking for something with more structure and a work life balance – something which is often hard to come by when looking for a head chef position. "The role was something new, fresh and exciting. The 9-5 structure was perfect and exactly what I needed so I could spend more time at home with the family. The timing couldn't have been better, I was



ready for a change. I love that I now get to eat breakfast with my family and see them before bedtime, rather than me rushing out the door, getting in and going straight to bed every night of the week. It honestly makes a huge difference and I do believe if you're happy at work, then you're happy at home and vice versa," Matthew explains. "The healthy, Asian-inspired style of cooking really appealed to me, it was something I had never done before, so it was an exciting new challenge. After a formal interview and a cook-off against other chefs, I was offered the job and now here I am, two years later and still loving it," he smiles. Blending the words 'nutritious' and 'sana' (from the Latin meaning 'healthy') this name elegantly depicts the restaurant's dining concept, 'Nourish Your Soul'. The casual eatery situated above our award-winning spa, offers a healthy, nutrition-led menu featuring nourishing dishes and more indulgent choices to give guests the option of 'everything in moderation'. With a strong emphasis on garden-to-plate, many of the dishes use ingredients from the estate or are grown within the Walled Garden. When it comes to the decor, the interiors are focused around celebrating the light-filled space, with attention on materials such as marble, timber and botanical essences. Food is served all day from 8am until 5pm, with Friday and Saturday evenings extending dining hours until 9pm. Guests and spa day visitors are welcome to dine in spa robes until 5.30pm to allow for ultimate comfort and relaxation. If the weather allows, dining al fresco on the terrace overlooking the beautiful grounds is highly recommended. "The Nu Sana terrace is one of my favourite parts of the restaurant. It's the perfect spot for dining outside – especially

The role was something new, fresh and exciting. The 9-5 structure was perfect and exactly what I needed so I could spend more time with the family



The inside scoop



MATTHEW FLETCHER
Head chef at Nu Sana

What inspires you in the kitchen? The golden silence. You know when there's a buzzy environment and everyone's chatting, but then when the food arrives and everyone tucks in and savours the flavour and it goes silent, that's what inspires me. The pure pleasure of people enjoying good food.

Best part of the job? I get to eat breakfast with my family and see them before bedtime, it has to be the work life balance.

What's your favourite dish to cook from the menu? The chilli beef stir fry or one of the pad thai.

What's your favourite dish to eat from the menu? The panang chicken curry is a firm favourite. Such a lovely dish and quite spicy.

Biggest achievement for Nu Sana? We've been awarded one AA Rosette, but I'm quite keen to keep it that way. I think sometimes when you push for more, it can change what the restaurant is and we don't want Nu Sana to ever be considered intimidating. It's a relaxing environment where guests can enjoy some good, nutritious food.

What are you looking forward to at Nu Sana? We've started doing theme nights for spa members and they've gone down a treat. I'm excited to see these progress.

The casual eatery situated above our award-winning spa, offers a healthy, nutrition-led menu featuring nourishing dishes and more indulgent choices

during the summer. There's plenty of lovely seating out there and heaters for when the chill kicks in, but it offers some gorgeous views across the estate which just adds to the whole experience," says Matthew.

"The menu here is so varied. The menu is packed with lighter options including salads and grilled fish and then we've got more indulgent dishes like burgers or chicken Katsu, there's so much to choose from. We want the whole experience to



offer ultimate relaxation, from the food options, to the environment and I love being part of that.

"I try to change the menus as seasonally as I can. It keeps things fresh and exciting.

It's great to get together with the team and discuss what sold the best, what didn't do so well, what new ideas we have etc. and put a delicious new menu together. It's often a case of keeping most things the same, with new seasonal additions. Summer is all about utilising fresh ingredients and it's perfect for adding lots of delicious and flavoursome salads to the menu," he adds.

"Utilising the Walled Garden is great at this time of year. September to November is great for root vegetables, but as we move into the warmer months, we're seeing lots of berries and fresh salad ingredients bloom into life. Phil, the head gardener, does an amazing job and is always willing to help. We can mooch down whenever and it's always good to chat with Phil if there's ever anything we want specifically growing. He's great to work with and I'm looking forward to what we can bring to the table this summer," Matthew explains.

With a wealth of experience under his belt, Matthew and his team have developed Nu Sana into a flourishing dining scene, offering guests a luxurious, yet relaxing experience - one you'll want to return to time and time again.

burst with colour all the way through 'til late autumn.

What's your favourite thing to grow this time of year?

Currently, I love growing fresh salad. It's so quick and easy to grow this time of year.

What do you enjoy about the Walled Garden in summer?

The Walled Garden is a beautiful space all year round but I would have to say summer is the best time. There are so many different varieties of produce in the garden and lots of cut flowers. There are also many garden talks and tours with the guests and members which makes it the perfect place to be in the summer.

What's in season at this time of year?

This time of year is great for some of our favourite herbs. Think mint, thyme, sage, rosemary, lemon verbena, tarragon and more. When it comes to fruit and veggies, it's all about those fresh and crisp ingredients. From tomatoes, cucumber, radish and spring onions, to rhubarb, raspberries, strawberries and apples just to name a few.

What flowers are blooming in the Walled Garden at the moment?

The Walled Garden is full of new blooms. We've got English lavender, dahlias, marigolds, cosmos, delphiniums, gladioli, rudbeckia, echinacea along with the wildflower wall ready to

Meet our local suppliers

DID YOU KNOW AT ROCKLIFFE HALL WE WORK WITH MANY LOCAL SUPPLIERS INCLUDING ROUNTON COFFEE ROASTERS AND DUTCH BARN VODKA.



ROUNTON COFFEE ROASTERS

Located just down the road in Northallerton, Rounton brews coffees that are sourced responsibly and roasted with care and believe 'great coffee should be accessible to all, no matter how it is brewed'. As a multi-award-winning roastery Rounton Coffee are able to work with some of the most forward-thinking minds in the coffee industry, and some of the world's most celebrated producers. Their small but dynamic team is fiercely passionate about coffee, people, and making positive change in the world around them.

DUTCH BARN VODKA

Using apples to make an exceptionally smooth, crisp, clean taste, Dutch Barn Vodka comes from an innovative new vodka farm in the beautiful North Yorkshire countryside. Their unique distillery design mirrors the old Dutch barn that once stood there. Alongside it, they're growing their very own apple orchard, which is lovingly tended by the team at Ellers Farm Distillery. It's the perfect sip which is why we proudly use it in our beverages across the resort.



THERE'S MORE...

Scan the QR code to book your table...



Spotlight on



Shining a light on the people who make Rockliffe Hall tick...

HELEN QUINN
Clubhouse Team Leader

A little bit about you...

My role at Rockliffe is a 'Morning Team Leader'. I gained this promotion around three months ago. Time flies when you're having fun!

The day job brings...

My day usually starts between 6am and 6.30am, where I open the doors for The Clubhouse and Spike Bar ready to welcome our golfers and guests for the day. My two main priorities of the day are having a happy team (as I believe happiness flows around the room), and ensuring golfers and guests have the best 'Rockliffe experience' they can while they are at The Clubhouse. Everyday is different at The Clubhouse, as we have so many golf days, guests, and event functions so it would be hard to write a 'day in the life' for my role.

What's your favourite thing about your job?

I love that part of my job is interacting with the golfers and guests at The Clubhouse. I enjoy making them feel welcome and at home during their visit, as you never know what kind of day someone is having or what is going on in their life, so if I can make the time to talk to someone and put a smile on someone's face that makes me a happy Helen.

Your biggest Rockliffe achievement?

My biggest achievement is constantly receiving comments on my work ethic and how I run the morning team. I have also received numerous positive Tripadvisor reviews, which I feel is a huge achievement, alongside my recent success of April's 'Rockstar of the month', thank you to everyone who voted for me - we are all rockstars.

Hobbies outside of work?

Outside of work I like spending time with my fiancé Stephen at our local pub. One passion of mine is horse racing, I occasionally like to place a bet on horse racing. I am also a leek show judge and ran an allotment show for over 30 years. This is still a big passion of mine. I also like to spend time with my daughter Abbie and with other family and friends.

What do you love about Rockliffe Hall?

I've been in the hospitality industry for around 25 years and have never felt so at home as I do at Rockliffe. I've made so many friends from the people I work with, from golfers and customers, to work colleagues. Thank you for having me at the Clubhouse and to everyone I work with, to all the golfers and guests that pass through, as you all make my days so happy.



WIN *with*
ROCK LIFE

WIN: A THREE-COURSE MEAL AT NU SANA

To celebrate our summer edition of Rock Life, we're giving one lucky couple the chance to win an indulgent three-course meal including a bottle of house wine in our fabulous Nu Sana restaurant.

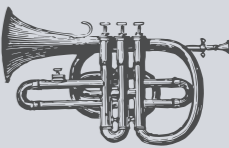
PRIZE INCLUDES:

A three-course meal in Nu Sana

Bottle of house wine to enjoy with your meal

Choice of a delicious lunch or dinner (dinner available on Friday and Saturday evenings only)

Scan the QR code to enter. Ts&Cs apply.



SUMMER SIPS

From our cocktail bar to yours, mix up your Rockliffe favourites at home...



{ APEROL *spritz* }

A refreshing sip...



- ↓
- INGREDIENTS**
- 75ml Prosecco
 - 50ml Aperol
 - Soda water
 - Ice cubes
 - Slice of orange

METHOD

In a large balloon glass pour 75ml of prosecco and add a double part of Aperol (50 ml)
Add plenty of ice cubes
Top up with soda water and stir briefly
Add a slice of orange to decorate

{ NEGRONI }

A complex cocktail made up of simple ingredients...



- ↓
- INGREDIENTS**
- 25ml Gin
 - 25ml Martini Rosso
 - 25ml Campari
 - 3 ice cubes
 - Twisted orange zest

METHOD

In an old fashioned or rock glass, combine your gin, Martini Rosso and Campari
Add three cubes of solid ice and stir gently
Add a twisted orange zest to compliment your drink

MIXING IT UP


Make it a Negroni sbagliato by replacing the gin with 50ml of prosecco and follow the same method
OR
Make it an Americano by replacing the gin and prosecco with 75ml soda water and follow the same method

{ POSH *paw*n MARTINI }

Sweet taste of summer...




- ↓
- INGREDIENTS**
- 35ml vanilla vodka
 - 15ml Passoa liqueur
 - The juice of half lime
 - The flesh of a passion fruit
 - 10ml vanilla syrup
 - 4 ice cubes
- METHOD**
- In a shaker, combine four cubes of solid ice, vanilla vodka, Passoa liqueur, the juice of half lime, flesh of a passion fruit and vanilla syrup
Shake for 10 seconds and fine strain in a Martini glass and garnish with half passion fruit
Either pour 50ml of Champagne in a Champagne glass and serve it separately or pour directly into the cocktail and enjoy






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WHY COMPROMISE?



The ISEKI SXG range of upto 21hp powerful diesel engine mowers enable you to mow your grass whatever the weather. Designed and manufactured for quality that lasts. Now also available with a deflector so you can cut and drop. Optional tow hitch and front brush for the ultimate versatility!

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Rickerby Horticulture. Bowburn.
Contact Tom Alexander 07831 518134



HARISSA TOFU

Buddha Bowl

Fresh, fragrant and packing a kick of spice, this nourishing Buddha Bowl is the perfect summer pick-me-up



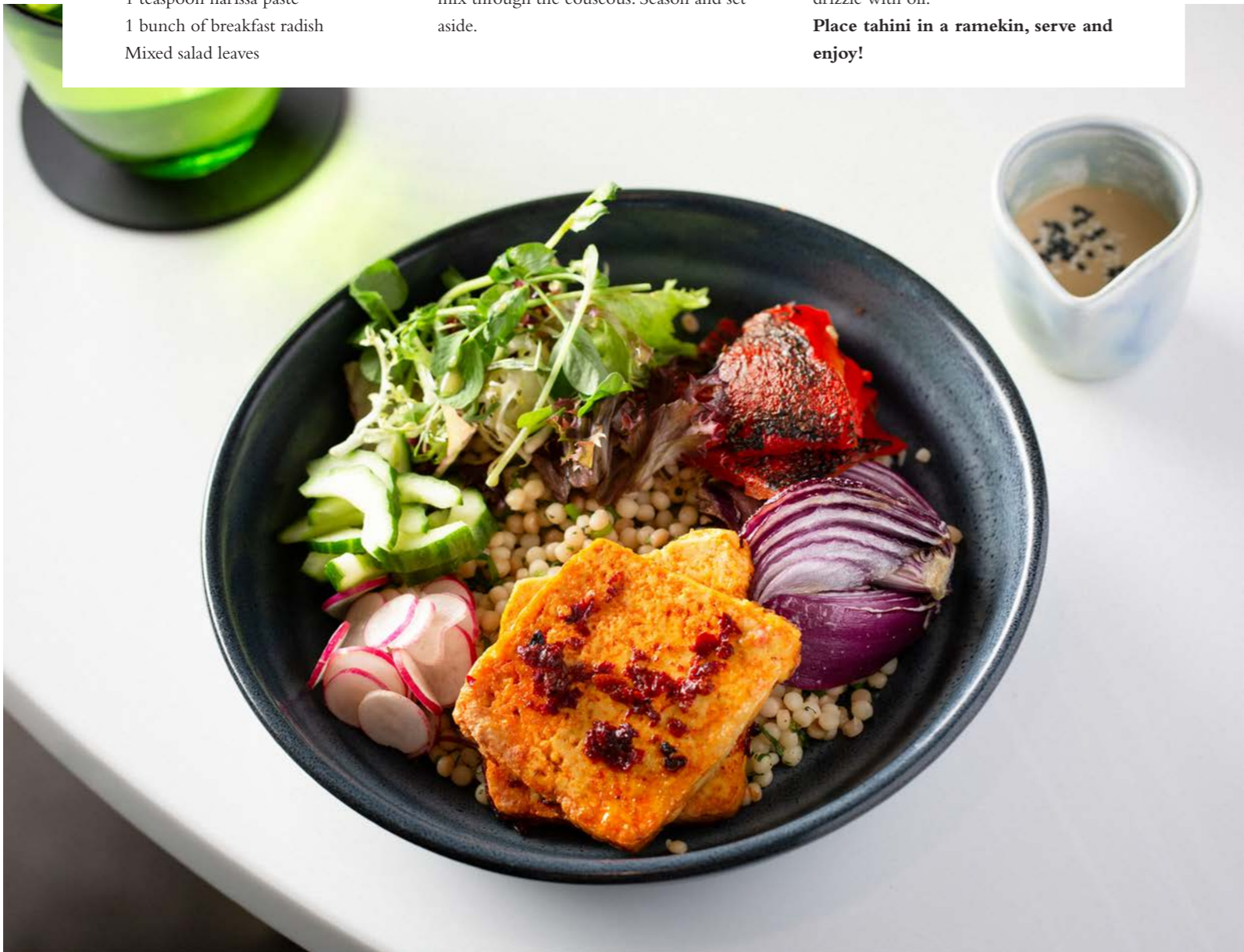
INGREDIENTS

250g giant couscous
1 jar of roasted peppers
2 large red onions
2 sprigs mint
1 handful coriander
1 bunch spring onion
75ml tahini
100g firm tofu (tofu can be substituted for your preferred protein i.e. chicken or salmon)
1 teaspoon harissa paste
1 bunch of breakfast radish
Mixed salad leaves

METHOD

Start by cooking your couscous according to manufacturer instructions and then chill in the fridge.
Peel a quarter of the red onions, season, and drizzle with olive oil. Cook at 180c for 15 minutes. Once cooked, set aside.
Cut roasted peppers into chunks and set aside.
Finley slice the radish lengthways and set aside.
Chop the mint, coriander, and spring onions, mix through the couscous. Season and set aside.

Slice the tofu into 1cm slices, spoon over the harissa. Grill for 8 -10 minutes and be careful not to burn the harissa topping.
Assemble the dish by placing the couscous on the bottom of your desired bowl or plate.
Going clockwise, place the red onion, roasted pepper, sliced radish and cooked tofu.
Then, add a handful of mixed salad leaves and drizzle with oil.
Place tahini in a ramekin, serve and enjoy!



a LUXURY INVESTMENT

Looking to broaden your investment opportunities and seeking a safe place to preserve your capital? Then building a fine wine or whisky portfolio might just be the answer you're in search of...



When it comes to making an investment, alcohol might not be sitting high at the top of your priority list, but there are a number of reasons why it should be. Over the last year, while stock markets yo-yoed, there was a silver lining for fine wine and whisky collectors and investors, as both sectors remained not only resilient in the face of ongoing economic headwinds, but proved themselves as a productive safe haven and inflationary hedge during these turbulent times. With ultra high net worth buyers flexing their financial muscles, prices for a number of fine wines and whiskies reached record highs, particularly with a squeeze on some of the rarest items such as top Burgundy and Japan's Karuizawa whisky.

Given these strong market performances, it is unsurprising that investors are looking beyond challenged tech and crypto assets towards wine and whisky. Both assets exhibit a compelling combination of proven capital preservation and protection against inflation with each returning circa 15-20% in 2022 and 35-40% across the last two years. Part of the appeal of investing in fine wine and whiskies lies in the fact that it's a tangible asset with a finite supply, there is a track record of reliable returns and a low market correlation with other asset classes, meaning it offers a degree of stability during periods of economic uncertainty and rising inflation.

Established in 1997, Bordeaux Index has grown to become a leading global merchant for fine wine and whisky collectors. Supported by Founder and CEO, Gary Boom, Bordeaux Index provides expert advice to their collector clients, while opening up the world of wines and whisky as a rewarding alternative investment space. Increasing market access has always been central to the business and led to Bordeaux Index launching LiveTrade, a unique two-way online trading platform that grants all participants in the fine

Bordeaux Index's team of expert advisors are on hand to walk you through the ins and outs of wine investment

wine market access to top products with both a bid and an offer price 24 hours a day, seven days a week. As the only provider of its kind and bringing increased transparency to wine pricing over the last six years, LiveTrade has grown to become the most active fine wine trading platform in the world with tens of thousands of active users. Keeping a close eye on the market and

identifying trends plays an important role when buying and selling fine wine, something made easier with LiveTrade's trending marketplace and tight spreads reports. Champagne, for example, has become a hugely attractive investment asset. The so-called 'Roaring Twenties' has fuelled a Champagne frenzy with a shortfall in fulfilling demand continuing to drive the market. Based on prices of the top Champagnes (including Bollinger, Cristal, Krug, Dom Perignon) on Bordeaux Index's LiveTrade online wine trading platform, Champagne price performance has been: 2021: +42%, 2022: +23%.

Overall, the picture entering 2023 is an interesting one. With wine prices having risen by around 40% over the last two years and some macro headwinds, there is an argument for a period of consolidation being on the cards this year (meaningful price softening being intrinsically less likely, based on there

being very few downwards price phases in wine's history and whisky really being upwards-only). However there are some reasonably certain tailwinds for prices – including the reopening of the important Chinese market – along with an ongoing broader positive momentum. If you're looking to buy, sell or trade wine or whisky, Bordeaux Index's team of expert advisors are on hand to walk you through the ins and outs of wine investment. Their expert traders can also show you how to use LiveTrade, to help you make the most of your fine wine portfolio.

Discover Bordeaux Index at www.bordeauxindex.com



BEST *foot* FORWARD

Goodbye disposable slippers, hello barefoot spa days...



On May 15, we took the plunge and officially embarked on our barefoot spa initiative, marking one of the ways we are putting sustainability at the forefront of our plans for the Spa at Rockliffe Hall. With sustainability top of mind for 2023 and beyond, the leadership team re continually making steps towards ensuring the resort is more environmentally friendly. Prior to the barefoot spa initiative, over 2,000 slippers were being thrown away every month, which had environmental implications that could easily and simply be avoided. Ashley Ashton, Spa Director at Rockliffe Hall, explains the deciding factors on why the spa decided to cut the slippers and welcome barefoot guests: “The word ‘sustainability’ gets thrown

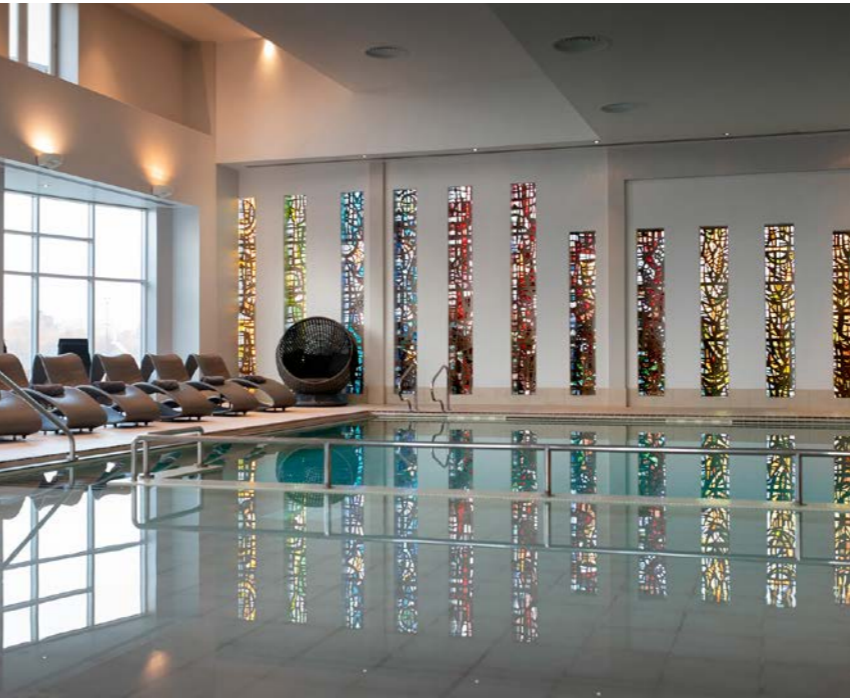
around a lot these days and it’s about figuring out what we can do to become more sustainable, or let’s say environmentally-friendly. I do believe the spa industry is accelerating at some points for example with suppliers and brand partners because they’re looking into their supply chain, ingredients, packaging etc. All of which is amazing, but as a spa operator it can be difficult to make such drastic changes to become more sustainable without huge investment. “At Rockliffe Hall, we knew there were changes to be made. Towels for example was one area we started to make changes. We’ve had our new towels since July 2022 and that process involved looking at the size and the fabric make up of the towel to find ways it can retain its colour so we weren’t disposing of them so quickly.

We’ve also invested in new washing machines so we can wash the towels more efficiently on a quicker and cooler wash,” she adds.

On average, due to the demand for our spa days, we were ordering 2,000 pairs of slippers per month

“And so it was during these conversations of how we can make changes that the barefoot spa initiative came into action. So, when we think about it logically, each and every person

who comes on a spa retreat gets complimentary robes and slippers and that’s always been the case for the 13 years that I’ve worked in the industry. On average, due to the demand for our spa days, we were ordering 2,000 pairs of slippers per month. And inevitably, like everything else, the price of slippers crept up. The wastage from throwing these away at the end of every day was horrific for multiple reasons and we reached a point where we thought we either replace these or remove them completely and go barefoot,” she explains. “From a business perspective, the amount of money spent on slippers – which would often be left lying around poolside or outside of saunas – could be put to better use. We could use the money saved on far better projects and



investments to enhance the guest experience. So when it came down to it when we were reviewing our approach to sustainability as a business, we recognised that this is avoidable. Our long-term strategy is to become a more sustainable spa and this is a first step on that journey,” she adds. “We’re encouraging guests to bring along their own rubber-based footwear. Sliders and flip flops are what we recommend. Of course, barefoot in the spa areas is highly encouraged, but when it comes to dining in our spa restaurant, Nu Sana, footwear is required. When in the spa, we want guests to feel as comfortable and relaxed as possible and we think wearing something that fits correctly – or not at all – is a great way to do this. There were multiple deciding factors, but we’re excited to be pioneers in the region for taking the plunge,” says Ashley. Jason Adams, Managing Director said: “Rockliffe Hall is committed to initiatives that protect the environment around us. After assessing our waste, the number of single-use slippers thrown away each month was disappointing and we knew we had to do something. It’s not an initiative we have seen in other resorts, and my hope is that others will follow suit to reduce the overall negative impacts of waste in the hospitality industry”.

But fear not, while this is big news, nothing much has changed besides your spa attire. Our Spa is still yours to enjoy as you please. Take advantage of the tepidarium, infrared room, igloo, tropicarium, Roman sauna, salt steam, foot spas, experience showers, outdoor drench

shower, outdoor hot tub, hydrotherapy pool and 20m swimming pool. The fitness team are on hand to give advice on gym and studio activities, and spa day guests are welcome to join any wellness classes and use the outdoor tennis courts. Upgrade your barefoot spa day to include holistic or results-driven spa treatments, or time enjoying the mud

Relax, retreat, rejuvenate - and enjoy our new barefoot luxury

+

THERE’S MORE...

Looking to book your next spa day? You can do so by scanning the QR code...

{

LET YOUR FEET *do the talking*

}

TO CELEBRATE OUR NEW BAREFOOT SPA INITIATIVE, LET US TAKE CARE OF YOUR FEET WITH OUR RANGE OF INDULGENT TREATMENTS...

REFLEXOLOGY

60 minutes, £95

Our feet walk upon the earth and through this our spirit is connected to the universe. Enjoy a health enhancing foot massage based on pressure points used since Egyptian times. Reflexology helps to release physical and energetic blockages leaving your feet feeling amazing and your mind and body relaxed.

OPI PROSPA PAMPER PEDICURE

60 minutes, £60

Soothe, relax and pamper with the

ultimate pedicure experience. The OPI ProSpa Pamper Pedicure includes unparalleled callus softening, exfoliation and moisture and protection. An extended massage combined with acupressure to reduce stress, relieve tension will leave you feeling relaxed and renewed.

WELCOME FOOT RITUAL

The majority of treatments here at Rockliffe Hall, all come with a welcome foot ritual. This pre-treatment ritual starts with a warming cleanse while we discuss your needs and desires for your upcoming treatment.

Your questions answered...

What are Barefoot Spa Days?
From Monday 15 May, we will no longer be giving slippers to our guests who are with us on a spa day, however guests can bring their own suitable footwear or join us in barefoot luxury.

Why are you no longer providing us with slippers on our spa day?
We are currently throwing away around 2,000 slippers per month. When reviewing our approach to sustainability as a business, we recognised that this is avoidable.

What footwear should I wear/bring to the spa?
Opt for footwear which is comfortable yet practical. Slippers and flip flops are popular choices. These must be rubber-soled, clean and not have been worn outside.

What happens if I forget to bring footwear with me?
Don’t worry, if you forget to bring footwear, we are a barefoot spa so no shoes at all on poolside is perfectly fine. If you plan to dine in Nu Sana while you are with us you will need to wear footwear. You can wear either indoor or outdoor shoes for dining.

What are Rockliffe Hall doing about hygiene on poolside if you are asking people to bring their own shoes?
We take the cleanliness of our poolside very seriously and want all our guests to enjoy a clean, safe, and sustainable spa. This is why we have rules about the type of footwear that is suitable to wear. Any guest who is wearing inappropriate footwear will be asked to change or remove it.

18

19

SUMMER *saviours*

Take a trip to our Spa Boutique and treat your skin to our range of summer must-haves from Comfort Zone



TAN MAXIMISER

FACE AND BODY TAN ENHANCING CREAM, £21

Ideal to prepare the skin for sun exposure and reach a more intense and prolonged tan. This fresh and non-greasy formula, suitable for face and body, combines acetyl tyrosine, to enhance melanin synthesis, and a DNA-defence peptide to protect skin from photoageing. The result is a more intense, even and long-lasting tan. Conscious formula with 94.6% natural origin ingredients.

FACE CREAM SPF30 AND SPF50+

HIGH PROTECTION ANTI-AGEING FACE SUN CREAM, £21

Discover the latest-generation of conscious sun care from Comfort Zone's advanced research. This go-to product is effective in both protecting the skin from UVA/UVB rays and photoageing, while protecting the environment. This water-resistant, fast-absorbing and silky formula is

empowered with photostable, non-nano filters, combined with anti-ageing DNA-defence peptide and an antioxidant acerola extract. The results: to contrast dehydration and the appearance of fine lines. Conscious formula with 90% safe ingredients for the aquatic environment.

CREAM SPF30 AND SPF50

ANTI-AGEING FACE AND BODY SUN CREAM, £24

To meet the needs of water sport and nature lovers, Comfort Zone has developed this conscious, very water-resistant sunscreen for the face and body, that provides long-lasting protection, while protecting the aquatic environment. Enriched with photostable, non-nano filters, a DNA-defence anti-ageing peptide and abyssinian oil to preserve skin's moisture. The results: to contrast dehydration and the appearance of fine lines. Conscious formula with 85% safe ingredients for ocean life.

FACE AND BODY AFTERSUN

SOOTHING MOISTURISING CREAM FOR FACE AND BODY, £22

After a glorious day spent in the sun, provide relief to your skin with this refreshing aftersun cream for your face and body. A lightweight texture enriched with anti-ageing DNA-defence peptide, soothing physalis angulata extract and hydrating abyssinian and argan oils. The result: soft and silky skin, better prepared for subsequent sun exposure. Conscious formula with 95.5% natural origin ingredients.

ALOE GEL

SOOTHING REFRESHING FACE AND BODY AFTERSUN GEL, £22

A whole day under the sun, or excessive UV exposure may cause redness and sunburn on the face and body. Soothe your skin with this powerful refreshing gel enriched with aloe vera juice with recognised soothing properties, and argan oil to nourish the skin.

The results: it helps relieve redness and the restoration of the skin barrier. Conscious formula with 96.5% natural origin ingredients.

MILK SPRAY SPF20

ANTI-AGEING BODY SUN MILK, £22

A refreshing spritz to keep you protected. This water-resistant, fast-absorbing ultra-light texture is empowered with photostable, non-nano filters, anti-ageing DNA-defence peptide and an antioxidant acerola extract. The results: to contrast dehydration and the appearance of fine lines.

SUN SOUL STICK SPF50+

SENSITIVE AREAS SUN STICK, £18

Take your summer skincare to the next level with this Sun Soul Stick enriched with very high and broad-spectrum UVA/UVB protection. Its invisible, smooth, water-resistant texture leaves no residue and makes application quick and easy on the face, body and lips, making it the ideal ally for the most sensitive, long-exposed areas that need extra protection. The innovative formula is free of synthetic or animal waxes and also contains a careful selection of filters to reduce the impact on the aquatic ecosystem. The convenient mini format ensures localised application at all times.



Say goodbye to damaged nails...

Broken, weak, chipped nails? We hear you. Leading salon brand, OPI has introduced the world's answer to damaged nails. From washing our hands, cleaning, and showering, the keratin bonds break down leaving our nails damaged and weak. Treating nail damage is one of the biggest challenges – coming highly requested with the lowest product satisfaction. But now, thanks to OPI, painful nails in between salon appointments just got a whole lot better.

OPI's goal was to revolutionise nail care for weak and damaged nails, working to combat everyday damage by developing a technology that could repair broken bonds from inside the nail. Until now, nail strengthening products typically worked by reinforcing the nail with polymer film formers, creating a protective coating over the top of the nail, but as soon as the product is removed, so are the strengthening effects. Now, it's safe to say OPI is disrupting the nail care category with their latest breakthrough innovation launch of Repair Mode™. With Patented Ulti-Plex Technology™, this first-ever bond-building nail serum is one of a kind.

Moving beyond temporary surface-level strengthening, Repair Mode™ penetrates and absorbs into the nail to deeply repair 99% of keratin protein* working to restore and build 4x stronger nails in just six days!*

“As a brand, we have spent the last six years in the lab with a dream of creating a nail repair treatment like no other on the market. Our goal was to create something that not only got to the root of damage but helped prevent it. We didn't want another band-aid solution,” says Stephanie Daines, Senior Marketing Brand Manager, OPI UK&I

OPI's bestselling Nail Envy® Strengtheners is also getting an upgrade with a new and improved vegan formula and six new colours. Featuring Tri-Flex Technology™, the exclusive proprietary polymer coats the nail surface creating a liquid shield that reinforces the nail with layer-building strength. The new and improved

Nail Envy provides advanced strengthening for 95% stronger nails in just one week.* The formula also includes biotin, vitamins A, C, E, and calcium to nourish nails.* Repair Mode and Nail Envy contain vegan formulas with no animal-derived ingredients or by-products, and both are clinically tested and developed by nail scientists.

How to use the products?

Repair Mode should be applied twice daily, once in the morning and once at night for six days. Nail Envy should be applied once per day for six days, with two coats on nails for the first application and one coat on nails for the following five days. For beautiful, healthy natural nails, use Repair Mode first to repair nails and then apply Nail Envy to maintain strength and protection.

*when used as directed



O.P.I

REPAIR
LIKE
NEVER
BEFORE
with NEW
REPAIR
MODE™
from OPI

“As a brand, we have spent the last six years in the lab with a dream of creating a nail repair treatment like no other on the market. Our goal was to create something that not only got to the root of damage but helped prevent it. We didn't want another band-aid solution,”

Stephanie Daines, Senior Marketing Brand Manager, OPI UK&I



INVESTING *in* FITNESS

Following recent investment, Spa Leisure Manager, Derek Metcalf, explains why the gym at Rockliffe Hall is a hidden gem people need to know about...



At Rockliffe Hall, we stand as the epitome of luxury and wellness. Among our array of opulent offerings, our luxury resort is also home to a fantastic gym facility. With state-of-the-art facilities, expert trainers, and a commitment to holistic wellbeing, our exceptional gym provides an unparalleled fitness experience. Whether you're a fitness enthusiast, a beginner, or simply seeking an invigorating workout, our gym is sure to elevate your fitness journey to new heights.

"We've had a lot of investment in the gym recently, which is great news," Derek begins.

"In January 2023 we renovated our studio completely, flooring, walls, air con system lighting, pretty much everything and that cost a total of around £12,000. Then in March we had our new strength equipment arrive. We had a smith machine, squat rack, plates, lots of new and exciting equipment which cost around £14,000 and then in May, we

had 19 new spin bikes arrive at the cost of £40,000 which allowed us to increase our spin class significantly. There's been approximately £65,000 spent on the gym which has made such a difference to the space," he explains.

The gym boasts a modern and spacious environment designed to inspire and motivate and is equipped with top-of-the-line fitness equipment

The gym boasts a modern and spacious environment designed to inspire and motivate. Equipped with top-of-the-line fitness equipment, you'll find an extensive range of cardio machines, weightlifting

stations, and functional training areas to cater to your every fitness need. The gym's layout ensures ample room for manoeuvring, providing a comfortable and uncluttered space for your workouts. The sleek and contemporary design, coupled with natural light streaming through large windows, creates an inviting ambience that enhances your



exercise experience. "We're very hands on and are always willing to help our members with their fitness goals. We recommend everyone does a gym induction so we can show them how the equipment works, how to use it etc. The majority of our equipment is Technogym, and so we use the Technogym My Wellness app and we like to show all members how they can utilise this too. We start by making each member a programme which is unique to them, the app and the machines then sync up to select an individual workout based on your needs. The machine then records what you're doing and tracks all of the data and the progress you make. It gives us a lot of great data to analyse how well they're doing, what they can improve on and allows us to offer advice and guidance. We then encourage members to review this with us every four to six weeks so we can help them achieve their fitness goals and all of this is included within the membership price," Derek explains. For those who thrive in a group setting or seek additional motivation, we offer a diverse range of group exercise classes. These classes cater to different fitness levels and interests, ensuring there's something for everyone. From high-intensity interval training (HIIT) sessions to yoga, Pilates, spinning, and more, each class is led by qualified instructors who provide guidance, encouragement, and an electric atmosphere. Engaging in group classes not only promotes physical fitness but



also fosters a sense of community and camaraderie among participants. "As well as our range of classes, we also have a kinesis studio which are quite rare, but are great for stabilising training and helping with joints as we get older. We also have a team of trained fitness therapists who offer sports massages which is something a little different in comparison to the spa treatments. And of course as part of the gym and spa memberships, you have access to the

spa facilities too. There's a lot of great benefits to being a member," says Derek. In addition to the gym facilities, we offer an array of wellness amenities to support your overall wellbeing. After an invigorating workout, you can unwind and recharge in The Spa, indulge in rejuvenating spa treatments, or take a dip in the pool. The gym also provides locker rooms equipped with luxurious amenities, ensuring a seamless transition from your fitness routine to relaxation mode.

Five minutes with



DEREK METCALF
Spa Leisure Manager

What do you do at Rockliffe Hall?

I'm the Spa Leisure Manager and have been here nearly two years. I'm in charge of the poolside team, the gym team, and then pretty much all the facilities that are included within those two areas. So, for example, sports massages, personal training, heat rooms, Spa Garden etc. all come under my remit.

Favourite thing about your job?

I'd have to say interacting with the members on a daily basis. It's great

building that rapport with them. **How important is fitness to you?** Fitness is hugely important to me, I've loved it since being very young. I always played sports, especially football and rugby when I was younger and then as I got older I got into fitness and the gym and I've worked at a variety of different gym and fitness facilities over the past 10 years. **What would be your top tips for staying fit this summer?** As the weather gets warmer, get outside more. Around 80 percent of people I work with have a weight loss goal and one thing which I don't think people think about or are aware of is NEAT (non-exercise activity thermogenesis). Going to the gym three or four times a week for an hour at a time is excellent, but there's 24 hours in a day and it's important to move and be active outside of that hour. This is where your NEAT comes in. Aiming for around 10,000 - 15,000 steps per day will aid your weight loss goal massively and getting outdoors is a great way to achieve this.



Avenue 9 Consulting solutions for hospitality

Avenue 9 Solutions are proud to support Rockliffe Hall. Avenue 9 works with top resorts, members' clubs and luxury hotels across UK and Ireland; we are honoured that Rockliffe Hall has placed their confidence in us.

Avenue 9 are complete service, hospitality IT experts. Our niche service line allows us to advise, consult, implement and manage our clients' hospitality or hotel strategies with a complete focus on streamlining client services and systems.

Contact
Mark Jelley, Director
+44 330 043 0378
info@avenue9.solutions



Geoffrey Gillow

Menswear Ladieswear Footwear



RELAX INTO SUMMER

Only 5 minutes drive from Rockliffe Hall Hotel

45-49 Grange Road, Darlington, DL1 5NB
T: 01325 469369
geoffreygillow.com



Putt'ing business first...

Famous for exciting tournaments, world class facilities and a friendly and welcoming atmosphere it is easy to see why Rockliffe Hall is considered the North's premier golf destination, especially for corporate memberships.

Sat within the resort's 375-acre estate along the banks of the river Tees, the 7,877-yard Championship golf course is listed in the Top 100 UK Golf Resorts and offers five individual tee positions on each hole, so all standards of golfer can enjoy the test.

The Clubhouse restaurant and Spike bar offer delicious food and refreshments (with 20% discount for members) and are great places to kick back and unwind, even if you're not planning a round of golf. There's also a fully stocked Retail Shop and our friendly golf services and

PGA professional teaching team are on hand to offer a warm welcome and to help you improve your game.

WHAT IS A CORPORATE MEMBERSHIP?

Corporate Membership is available to registered companies with three packages available; Silver, Gold or Platinum to offer flexible membership solutions to companies of varying size and requirements.

Each of our Corporate Memberships include:

An allocation of rounds on Rockliffe Hall's golf course

An allocation of overnight stays at Rockliffe Hall hotel

Complimentary range balls for the academy and practice areas



20% reduction on all food and drink purchases made at the resort (including pre-booked events)
10% reduction on most Golf & Spa retail purchases (except custom clubs and vouchers)

Reduced members buggy rates
28-day priority tee time booking window

10% reduction on Corporate Golf Days (rounds cover green fees)
Complimentary use of the Stanwick meeting room

Business logo displayed within the Clubhouse

A percentage of rounds carried over upon successful renewal

HOW TO BECOME A MEMBER?

Becoming a member couldn't be easier. Brad Fullbrook, Golf and Resort Membership Manager, is on hand to help with any enquiries about golf memberships, can show potential members around the resort and can assist with applications.

Five minutes with



BRAD FULLBROOK Golf and Resort Membership Manager

What do you do at Rockliffe Hall?

I'm the Golf and Resort Membership Manager and I've been at Rockliffe since March 2022.

What does a day in the life of the Golf and Resort Membership Manager look like?

My main job is to recruit new members and once they're in, keep them happy and ensure they have

everything they need. I make sure all members are aware of competitions and ensure they know how to use the software. We have team competitions so I work a lot with the teams making sure that their team kits are here and their squads are picked correctly etc. Essentially, I'm the face of the memberships, I'm here to help. Whether it's making sure everyone is aware of the rules or on hand to answer any questions, I want to make the whole experience as enjoyable as possible.

Best thing about your job?

I'd say one of the best parts is speaking with the members on a day-to-day basis. We're quite fortunate to have some great members here and it's great building those relationships with them.

Do you enjoy playing golf?

I do yes, I've become a bit of a fair weather golfer after being fortunate enough to have spent a lot of time playing abroad.



{ PACKAGE options }

SILVER PACKAGE

80 rounds of Golf - available seven days per week

Two nominated personnel to hold Golf Membership status, including an active handicap and members competition entries (playing rounds come from allocation)
One overnight midweek bed and breakfast stay at Rockliffe Hall (Tiplady Lodge bedroom, subject to availability)
£3,000 + VAT per annum

GOLD PACKAGE

240 rounds of Golf - available seven days per week

Two nominated personnel to hold Golf Membership status, including an active handicap and members competition entries (playing rounds come from allocation)
Five overnight midweek bed and breakfast stays at Rockliffe Hall (Tiplady Lodge bedroom, subject to availability)
£8,000 + VAT per annum

PLATINUM PACKAGE

400 rounds of Golf - available seven days per week

Four nominated personnel to hold Golf Membership status, including an active handicap and members competition entries (playing rounds come from allocation)
Ten overnight midweek bed and breakfast stays at Rockliffe Hall (Tiplady Lodge bedroom, subject to availability)
20 day passes to use at the award-winning Spa at Rockliffe Hall
Five x 60-minute golf lessons with a PGA teaching professional
Business logo, bio and website link displayed on the Rockliffe Hall website
£13,000 + VAT per annum

*Please note, these benefits are for named members only i.e. not clients and guests.

To enquire about Corporate Golf Membership please contact Brad Fullbrook on 01325 729980 or email brad.fullbrook@rockliffehall.com

{ DID you KNOW }

YOUR LEFTOVER ROUNDS WON'T GO TO WASTE...

Worried about not utilising all of your rounds?

Fear not, we have options. Our membership year runs from 1 April to 31 March and sometimes, corporate members find themselves with a few rounds to spare. We're happy to carry forward a small percentage, but what

some might not know is that you can 'spend' your rounds on our golf days here at Rockliffe Hall.

How does it work?

You can use your allocation towards hosting a golf day with our variety of different packages available. The only cost to cover is the food and beverage.



Scan the QR code to book now

Spotlight on

Shining a light on the people who make Rockliffe Hall tick...



JONATHAN WYER Golf Course Manager

A little bit about you...

I am the Golf Course Manager at Rockliffe Hall. I have been a part of the original Rockliffe team since 2008 when the golf course was still under construction and before the new parts of the hotel had been built. With a team of greenkeepers, I manage the operations and maintenance of the golf course. This includes the daily set up of the course for golfers to enjoy as well as routine maintenance to aid and promote consistent, healthy playing services.

The day job brings...

My day would generally start early in the morning at around 5am with a quick team meeting to allocate the daily tasks and make the team aware of daily business. I will then check over the course or do the daily set up and assess at the same time. All while doing this, I will be monitoring how the team are getting on with their tasks, as often there will be several factors such as how damp the surfaces are when mowing, ground conditions, amount of grass clippings that will impact the day and adjust where necessary. I will also check the plant conditions on all surfaces and check moisture levels to see if watering is required, how the greens are playing and what attention they may need to keep them playing true and the consistency of ball speed. Once this is done, I will check up on the progress of the team and allocate the next tasks before implementing plans for the following day - making sure machinery is set up, any watering is set up to run through the night as well as any necessary paperwork is completed.

What's your favourite thing about your job?

There is so much variety within my role and so many factors that may influence the work we do such as weather conditions, daily business, the ever-changing seasons. This keeps the job fresh and challenging.

Your biggest Rockliffe achievement?

My biggest achievement is being nominated on multiple occasions for the Greenkeeper of the Year in the 59club Awards as well as winning the award twice. This achievement has also helped to gain Rockliffe Hall a place within the Emmiment Collection along with some of the best resort courses in the UK.

Hobbies outside of work?

Most of my time is spent with my family, along with cycling and enjoying music.

What do you love about Rockliffe Hall?

There are two things I love about Rockliffe. The first is being able to say I have seen Rockliffe develop from the very beginning, from the maturity of the golf course as well as seeing the hotel being built and opening to where it is now. The second is based more on how early we start work and the memories that some people may never experience. Examples of this are events like incredible sunrises or being able to watch an otter lead her young across the golf course, foxes, deer and owls hunting prey or witnessing newborn signets leaving the nest.



Credit: Woodenhill Images



TIE the KNOT

Say ‘I do’ within the beautiful grounds of Rockliffe Hall...

You’ve found that special someone, now it’s time to find the perfect venue. Cue Rockliffe Hall.

Set within 365 acres, our beautiful estate boasts an exquisite wedding venue with settings for wedding breakfasts, civil ceremonies and evening receptions.

Whether you are dreaming of a grand wedding pulling out all of the stops, or perhaps envisage a more romantic and intimate gathering, the romance of Rockliffe offers a truly memorable experience. Our experienced team can arrange all the extras too and, because no two weddings are held on the same

day, it truly is your big day.

There is no wedding venue quite like Rockliffe Hall. Enjoy the beautiful vista of the 18th century Old Hall from the contemporary, airy Rockliffe Suite which boasts its own private garden, terrace and bar for your celebrations.

With flower beds bursting with colour all year round, and breath-taking views, the beautiful gardens and grounds offer plenty of choice for photos. The marble-pillared entrance hall and ivy-covered Garden Arch are firm favourites, while the Old Hall’s Victorian features give that wow factor.

When it comes to the food, it will



Credit: Claire Hirst Photography



Credit: Carn Patrick Photography

come as no surprise that Rockliffe Hall’s award-winning food is on a par with the resort’s luxury surroundings. Our wedding menus have been created using the highest quality ingredients and feature seasonal local produce. Looking for something different? We have a range of alternative dining options. From traditional Italian antipasti and small plates, to outdoor fire pits and hog roasts, our team of chefs will work with you to create the perfect menu for your special day.

Looking to extend your big day into a big weekend? No problem. Prolong your celebrations and take advantage of the award-winning spa, beautiful bedrooms and Championship golf course, or perhaps a BBQ to clear fuzzy heads the following day, reliving cherished moments with those you hold dear? The possibilities are endless. Speak to our dedicated weddings team to receive a bespoke proposal on wedding packages for your celebrations.

Our wedding menus have been created using the highest quality ingredients

+

THERE’S MORE...
Scan the QR code to browse our wedding brochure and get in touch with our friendly team.



Credit: Claire Hirst Photography

{ A DAY *all* ABOUT you TO OFFER YOU THE ULTIMATE EXPERIENCE, EVERY ROCKLIFFE HALL WEDDING INCLUDES AS STANDARD: }

- The support of our dedicated weddings and events team**
The services of a professional red-coat Toastmaster

Complimentary overnight stay for you both in a signature Old Hall bedroom on your wedding night
Complimentary wedding menu tasting for the happy couple

Microphone and PA system for your speeches
- White linen, napkins and choice of our elegant French-style or chiavari chairs along with all glassware, crockery and cutlery provided for your celebrations

Use of our silver cake stand and knife
Hire of the Rockliffe Suite and Lounge for your drinks reception, wedding breakfast and evening celebrations

{ DID you KNOW DID YOU KNOW WE OFFER EXCLUSIVE USE WEDDING PACKAGES. }

What better way to wow your guests than to take over Rockliffe Hall on an exclusive basis. Taking exclusive use means you can plan your fairy-tale wedding with full use of all of the rooms within the hotel, gardens and grounds. Impress your guests with the privacy and seclusion offered by this experience. The only guests are your guests.



Your questions answered...

Do you allow more than one wedding per day?
No, we will only ever hold one wedding a day so your day is truly yours to enjoy. We also have a full exclusive use option available; ask your wedding co-ordinator for details.

Do you allow external caterers?
We don’t allow external caterers, however our team of chefs are happy to create unique and bespoke menus for our couples to bring your vision to life.

How do I check if the date I would like is available?
Ask our weddings team about our current wedding availability. We can hold a date for you on a provisional basis for up to two weeks.

How do I book and confirm my wedding?
To secure your date and confirm your wedding we require an initial deposit of £1,000, with 40% paid six months prior to the wedding and the final balance due one month prior to the wedding.

How do I book my civil ceremony?
To book your civil ceremony you will need to contact the Darlington Registrar on 01325 406400

When is my wedding menu tasting?
Your wedding menu tasting will take place four months prior to your wedding date.

Can I use my own wedding suppliers?
Yes of course, Rockliffe Hall provides a list of our recommended wedding suppliers who have been carefully chosen based on their knowledge and experience however you are welcome to use any of your own suppliers too. We will simply need a copy of their public liability insurance and any relevant licences.



THROWBACK *vows*

AS WE LOOK FORWARD TO A WONDERFUL SUMMER OF 'I DO'S', WE LOOK BACK ON SOME SPECIAL ROCKLIFFE MOMENTS...

The lovely Sean and Charlotte started their journey to happily ever after at Rockliffe Hall back in June 2022. Their big day was an elegant celebration filled with neutral tones and added greenery decor. A delicious traditional menu took centre stage on the foodie scene and 81 loved ones gathered to

celebrate the happy couple. A memorable occasion for all. The whole team at Rockliffe Hall are wishing the Martin's a very happy one year anniversary!

Photography: Steven Mcdonald Photography



Spotlight on

Shining a light on the people who make Rockliffe Hall tick...

KATIE ATKINSON
Events Manager

A little bit about you...

I have been at Rockliffe for eight years now, starting my journey in the Golf Services Department. I am now Events Manager which consists of supporting and guiding two lovely ladies, Chloe and Francesca and we look after every booking

in the hotel which is for 10 guests or more.

The day job brings...

No day is ever the same in the Events Department. We look after weddings, corporate golf days, corporate residentials and tables of 12 in the Clubhouse for a family birthday! A day in events consists of speaking to a lot of people on the phone, over email and in person ensuring every request is answered. A lot of variety!

What's your favourite thing about your job?

My favourite thing about my job is the Rockliffe family I work with. I also love arranging events for guests and receiving feedback that they have had an unforgettable experience with us at Rockliffe Hall.

Your biggest Rockliffe achievement?

My biggest achievement to date at Rockliffe Hall is becoming the Events Manager.

Hobbies outside of work?

Outside of work I enjoy playing golf and being a social butterfly. I am very much a people person,

which is why I think I love golf so much as it is a very sociable game, it also helps we have a beautiful golf course.

What do you love about Rockliffe Hall?

I love how many opportunities Rockliffe has given me to develop myself. I have gone from a Golf Service member to a Golf Event Coordinator to an Events Coordinator to now Events Manager, I could not have done this without the support and training I have received here. I also love that Rockliffe Hall provides free lunches to all staff members – it's one less thing to think about.

Accelerating business growth by unlocking the power of DIGITAL MARKETING

Whether you operate a small, local business or lead a multinational corporation, the importance of digital marketing cannot be overstated.



Digital marketing spend is much more measurable than traditional marketing, and with people spending more than 2.5 hours online each day, it's no surprise that companies invest 72% of marketing spend on digital.

There are many ways to get your business on the map in the digital space – from ensuring your website is featured on the first page of Google search results and easily findable by your target audience across social media platforms, to running targeted paid social and display campaigns.

However, knowing where to begin can be daunting. An experienced digital agency such as Click2Convert will help you to identify your objectives, define your target market and then recommend the channels, tactics and budget required to reach them. Click2Convert is a full service digital marketing agency, working

with a wide variety of clients across private and public sectors. They create websites and e-commerce solutions, and work with clients to develop marketing strategies across all digital channels.

There is no one-size-fits-all approach,

however there are some key channels to consider, including organic search, pay per click (PPC) and your website.

Organic search typically delivers most traffic and the highest ROI of any digital channel. Given that Google has 94% market share in the UK, increasing visibility here should be considered as an area of long-term investment. Enhancing your website's technical health, adding well-crafted content, and targeting the most relevant searches being undertaken by your target audience ensures a steady increase in qualified prospects visiting your website. Click2Convert has been working with a national gym chain to improve their organic performance, and have achieved some fantastic results so far, exceeding forecasted performance by more than 40%, delivering a 60% uplift in organic traffic, and increasing online membership signups by 175%.

Long-term improvements to organic rankings can be supported by short-term PPC campaigns to get your brand in front of your target audiences where they are spending their time online. Whether your objective is selling a product or service, or generating leads, PPC offers tailored ad capabilities to achieve these goals. Click2Convert recently supported an interior finishes business to overhaul their PPC activity. By reducing the click cost by 82% and implementing the latest e-commerce campaign types, adopting automation within the account, and applying expert optimisations, Click2Convert were able to drive 549% more traffic to the website, resulting in a 206% increase in revenue.

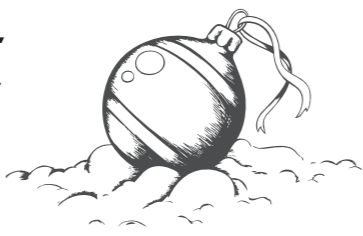
As most digital marketing campaigns are focussed on driving qualified users to your website, when they reach your website, it's important that it delivers a great user experience to encourage them to convert. Whether you are in need of a new website or looking to improve the conversion rate on your existing site, it's important to consider what your target audience is looking for, and make it as easy as possible for them to find it. For example, key information should never be more than three clicks from the homepage, content should be well-structured and able to be consumed quickly, and the route to conversion should be as simple as possible. Click2Convert recently redesigned a five-star hotel website which led to a 546% increase in conversion rate, resulting in an 85% increase in room bookings and a 206% increase in revenue.

From planning to execution, Click2Convert's team of experts is dedicated to delivering digital marketing strategies that will deliver on your bottom line.

Discover how Click2Convert can transform your business at www.click2convert.com

Click2Convert

CHRISTMAS *at* ROCKLIFFE



Plan ahead and make Christmas 2023 the most magical yet...

Don't skip the page just yet. While we're enjoying the heights of summer, the festive period will be upon us before we know it, which is why we're planning the most magical Christmas at Rockliffe Hall. Time to fill your diaries...

WHAT'S *on the* AGENDA?



Festive Spa Days

AVAILABLE THROUGHOUT DECEMBER

Escape from the hustle and bustle and take some time to relax and unwind during the busy season with one of our festive spa days.

Christmas Wish Includes:

Use of the award-winning spa and wellness facilities

Lunch in Nu Sana

60-minute treatment of your choice

£140 per person.

Feeling Festive

Use of the award-winning spa and wellness facilities including the swimming pool, hydropool, thermal suite, outdoor hot tub and experience showers from 11am-3pm.

£80 per person.

Festive Beauty Events

MONDAY 6 NOVEMBER

Come along to our first-look at the best of beauty gifts for Christmas, where our experts will be on hand to provide:

Treatment and product demonstrations

First look Christmas gifting

Gift with purchase

Glass of fizz and canapés

£25 per ticket.



Festive Afternoon Tea

12PM TO 3PM THROUGHOUT DECEMBER*

Soak up the decadent decor and ambience of the Old Hall. Enjoy a warming glass of homemade mulled wine as you savour festive finger sandwiches and seasonal savouries, followed by homemade yuletide cakes and freshly baked cranberry scones, served with clotted cream and fruit preserves.

As always, our afternoon tea is served with your choice of coffee or loose-leaf tea, specially selected for Rockliffe Hall by our team of tea mixologists using the finest tea leaves.

Adults, £42. Children, £20.50.

Festive Afternoon Tea with Carols

SUNDAY 3, 10 AND 17 DECEMBER 2023

Join us on Sundays throughout December to enjoy Festive Afternoon Tea with mulled wine. Hurworth Choir will join us to sing traditional Christmas carols and other festive favourites.

Adults, £46. Children, £22.50.



Party with us

There ain't no party like a Rockliffe party...

Get together with friends, colleagues and those you hold dear. Feast on fine food and spread lashings of Christmas cheer. We'll deck the halls ready to welcome all of your guests. A Rockliffe Hall party is quite simply the best!

Hosted in the magnificent Rockliffe Suite our Christmas party nights include:

Sparkling wine or say cheers with a beer on arrival

Traditional three-course festive banquet

Christmas decor and novelties

Hire of the Rockliffe Suite

Midweek, £69 per person.

Weekends, £72 per person.

New Year's Eve in the Rockliffe Suite

Attend the annual Rockliffe Hall New Year's Eve Gala Ball and begin the evening with a glittering Champagne and canapés reception followed by a four-course menu served in the Rockliffe Suite.

Entertainment is provided by the exceptional six-piece Hip Operation band, and we bring in the New Year with our spectacular annual fireworks display and bagpipes, followed by late-night Champagne, cheese and charcuterie.

£205 per person.

New Year's Eve Breaks

Turn your New Year's Eve celebrations into a full weekend...

Choose from a one or two-night break including:

Afternoon Tea on arrival

Breakfast each morning

Choice of attending New Year's Eve in the Rockliffe Suite or New Year's Eve in The Orangery event

Use of our award-winning spa and leisure facilities throughout your stay

Late check-out of 12 noon on New Year's Day

Two-night stay includes three-course dinner in The Clubhouse on the first or last evening

Breaks including the Orangery

One-night break from £392 per person*

Two-night break from £625 per person*

Breaks including the Gala in the Rockliffe Suite

One night break from £412 per person*

Two night break from £605 per person*

*all prices based on Tiplady rooms



New Year's Eve in The Orangery

Foodies, bring in the New Year with an exceptional dining experience in the flagship Orangery restaurant. Enjoy Champagne and canapés on arrival, before seating to enjoy an exquisite six-course tasting menu. The New Year will be piped in, followed by fireworks on the Rockliffe Suite terrace and late-night Champagne.

£178 per person.

Macks Solicitors

Providing clear, expert legal advice and support for divorce, financial separation, and children matters

Speak To Our Family Team Today!

📞 01642 843090  www.macks.co.uk

Top 5 UK Family Lawyers on Trustpilot

"A huge thank you for the support during the process. If you are entering the difficult time of a Divorce, I suggest you pick up phone and call Macks Solicitors."

"You are in safe hands with Macks Solicitors!"



We Are Here To Help

Family Law Personal Injury Employment Law Wills and Probate Property Law Medical Negligence



Select carpets

Flooring

Rugs

Est  1972
CALVERTS
Quality carpets and flooring

Choosing your carpet and flooring is important, we're here to help you enjoy every step.

Branches throughout Yorkshire and Teesside
calverts-carpets.co.uk


Free local delivery
Estimates available

For full details and to book please visit rockliffehall.com/christmas

You do the relaxing, we'll do the creating.

Like what you've read? We've had the pleasure of producing this beautiful publication on behalf of Rockliffe Hall to enhance their customer communications. How can we help your business?

With our bespoke content marketing services, let us help you elevate your brand with a compelling message that engages your target audience and drives results. Whether that's a growth plan, an improved website, a publication, getting your name out there, or helping you develop your team's digital skills, we can help.

Allies Group, we're here to help you relax.

CONTENT PRODUCTION | DIGITAL MARKETING
PR AND COMMUNICATIONS | BESPOKE TRAINING



Email enquiries@allies-group or visit allies-group.com to arrange a chat about how we can help your business grow.