



WELCOME TO OUR January Newsletter

Welcome to 2026 - What's Your
Plan?

NEW YEAR'S RESOLUTIONS

Love them or hate them, New Year's resolutions are a great way to focus your mindset for the coming months. Forget unrealistic and punishing resolutions; instead opt for those that set the tone for a positive and productive year.

If you want to make a change to your lifestyle – whatever your goals are, January is a clean slate and an ideal starting point to kick things off and the Clifton Park is the perfect place to help implement your New Year's resolution.

Spend more time outdoors

Studies show that spending time by the coast, listening to the waves, breathing in fresh sea air and taking in open-water view can significantly reduce stress, ease tension and boost mood, energy and mental clarity. A simple seaside walk can do wonders for your wellbeing. Enjoy miles of shoreline, gentle beach strolls and the calming rhythm of the tide? Your mind and body will thank you.

Take the time to breathe

Many people credit breathing techniques, meditation and mindfulness as the key to curbing anxiety and staying mentally happy and healthy. Practice mindfulness techniques, try taking 10 minutes each evening to focus on breathing and nothing else – you'll be amazed at how calming it can be.

Invest in your sleep

A good night's sleep is essential for many reasons. From an improved mood to a boosted immune system, we all need our eight hours of shut-eye. Sounds simple enough, right? However, our modern lives wreak havoc with our sleeping patterns, so it's time to overhaul things, especially bedtime routines. A few nights at the Clifton Park, sleeping in our dreamy beds will sort that out!

Read more before bed

Have you had the same novel on your bedside table for the past six months? Well, now is the time to read it, whether it's a captivating story or expanding your knowledge. Reading before bed is the perfect way to wind down after a stressful day and is thought to improve sleep quality and de-stimulate the brain. At Clifton Park, we encourage bedtime reading!

NEW YEAR'S RESOLUTIONS

Take a Dip

You don't need an icy lake to feel the benefits of getting in the water. A swim in an indoor pool is a fantastic way to boost both physical and mental wellbeing, energising your body, easing tension and lifting your mood. Even a few steady laps or a gentle float can help release dopamine, serotonin and endorphin, the "feel-good" hormones that support motivation, happiness and overall health.

So this year, why not make swimming part of your wellness routine? Slip into the pool at Clifton Park and let the water work its magic.

Don't forget that Digital Detox

Disconnect to reconnect, regularly discipline yourself to a period of time when you don't use social media or tech devices and that means no sneaky looks at your smartwatch. Research shows that excessive tech use can contribute to stress or lack of sleep. Taking a digital break has great benefits and can help reset our bodies and a break to the Clifton Park is a ready-made reason to literally switch off!

Bid farewell to scrolling feeds, curated images and reels pulling you into the latest trends. Who is guilty as charged for being sucked in every single time?




CLIFTON PARK HOTEL

January Reboot

AT THE
CLIFTON PARK HOTEL

- ✓ Don't forget about our Winter Deals
- ✓ Indulge in some much needed Me Time
- ✓ Experience the essence of the Clifton Park Hotel

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EMBRACE THE WINTER WITH A COASTAL GETAWAY

We've got two fabulous deals for you

Signature Escapes

2-6 Feb and 16-20 March £260 per person

Our midweek package with lots of add-ons

Save money on normal prices and there's complimentary treats on offer, including free room upgrades (first come, first served), courtesy welcome drink, a glass of wine to complement your four-course evening dinner and on Wednesday afternoon, it's time to grab your dancing shoes for our afternoon tea dance followed by tea and biscuits.

Fabulous entertainment every evening in the Grand Ballroom and wake up every morning to a hearty breakfast.



Winter Warmer Available on selected dates throughout Jan-March

£62 per person a night

Price includes a hearty breakfast, four-course evening dinner and fabulous entertainment.

What's better than a one-night stay? Two of course!

The price includes a hearty breakfast and a four-course evening dinner.



GET READY FOR A NEW ERA OF COMFORT AT THE CLIFTON

Our bedrooms are getting a stunning makeover and major upgrade, dreamier nights await: Introducing Our Refurbished Bedrooms.

Emma Barnes, the founder of Magna Interiors, has been commissioned to redesign the bedrooms. Emma's company is based in the Midlands with 25 years of experience in designing corporate and hospitality interiors; she's in big demand. Growing up with parents who were architects, she's always been submerged in the world of design. A former fashion designer, Emma has an intrinsic feel for colour and a keen eye for detail, which will be reflected within the beautiful bedrooms of the hotel. Emma fell in love with Clifton Park, the very first time she visited and sensed it's a very special place.



MEET THE STAFF JOHN KAY

This month, we shine the spotlight on someone many of you already know well, our charismatic General Manager, John Kay.

Born and raised in Durham, John discovered his passion for hospitality early on. He went on to study Hospitality Management at Nottingham University, graduating with honours before beginning his career with Trust House Forte. His journey took him across the country, working in Harrogate, Ipswich and Buckingham, before eventually returning to Durham to manage a hotel in Thornley.

Blackpool became home 27 years ago, and since then, John has played a key role in the town's hotel scene, managing well-known properties including the Glendower, Liberty's, the Doric and the Park House. A proud member of the Institute of Hospitality since 2007 and President of the Manchester & Cheshire Licensed Victuallers, John's leadership even helped Liberty's win Hotel of the Year in 2013.

Four years ago, the owners of Clifton Park headhunted John, an opportunity he describes as "the perfect fit." What he loves most about the hotel? "Everything," he says. From the comforting smell of breakfast drifting through the building, to beautifully prepared rooms ready for new arrivals, to the buzz before evening entertainment, John thrives on the rhythm, atmosphere and heart of hotel life.

Outside of work, John enjoys the finer things: dining out, classical and big band music, and travelling, especially cruises and holidays to Lanzarote. But his ultimate joy is his beloved cocker spaniel, Buddy, who joins him on daily walks and adventures.

With his experience, warmth and genuine love for what he does, John is a big part of what makes Clifton Park feel like home.



BEAT THE MONDAY CHAOS WITH A SUNDAY SLEEPOVER BY THE SEA

Our Sunday Sleepover is the perfect way to make the most of your weekend, round it off with an extra night stay or why not come for just a one-night stay on Sunday?

Enjoy...

A dip in our pool
Sunday Roast dinner, four courses inc tea/coffee
Fabulous entertainment
A relaxing night's sleep by the sea
Hot breakfast buffet

Want to arrive early? Not a problem, you can leave your bags and go enjoy the local area.

Contact our sales team for prices as they vary throughout the year.

