

# Rutherford Appleton Laboratory Recreational Society September 2019 Newsletter



Sports and recreational activities, clubs and facilities for health, well-being and social interaction at RAL and beyond.

## Lunchtime Sports and Activities

As another glorious Summer draws to a close, why not make the most of any fair weather and golden Autumn days by joining in with one of our fun, healthy, fitness promoting outdoor activities on the sports field or tennis courts.



On Mondays we have Bootcamp and new basketball sessions; on Tuesdays there's football and netball; on Wednesdays we have bootcamp, walking football, volleyball and coached tennis sessions; on Thursdays there's football, womens football training, and coached tennis sessions; and on Fridays we have Bootcamp and Touch Rugby.

We also have indoor fitness and wellbeing activities that include circuit training, yoga, pilates, ballet, zumba, fencing, morris dancing and table tennis in R58. For those who prefer less-active activities there's Arts & Crafts sessions, the Wednesday general knowledge quiz, pool, darts, cards and an assortment of board games in the Lounge.

Our sports and activities timetable is at the end of the Newsletter and contact details for more information are available on our intranet pages and external website.

## Health and Wellbeing

The RecSoc is committed to being an integral part of the provision for health and wellbeing for RAL staff.



Team Prevent health trainers will be in the R58 Lounge from 09:00 until 14:00 on Tuesday 24th September, 22nd October and 5th November. They offer free health checks and advice on general health matters, pain of movement, nutrition and sports training. They will also run free 60 minute 'Core & Stretch' classes in the Sports Hall at 14:00 that are open to anyone who would like to attend.

On Thursday 10th October we will be hosting activities for World Mental Health Day. There will be the usual lunchtime activities and we'll have an Arts & Crafts session, a "Helping Hands" tree, a "Throw away your negative thoughts" bin and "Positive graffiti" boards in the R58 Lounge. We'll also have a Tai Chi taster class and a juggling session in the Sports Hall.



Please contact [Laura Davies](#) for Team Prevent information and [Maeve Waite](#) from World Mental Health Day information.



## Summer Garden Party

The RecSoc Summer Garden Party held on Friday 30th August was blessed with wonderfully warm and sunny weather, as one would expect for this time of year.

During the course of the party over 120 RecSoc members, RAL and other Harwell Campus staff joined us to enjoy the sunshine, complementary picnic lunch buffet, cold beverages from the bar, assorted garden games and live music.

It was great to see so many people relaxing and socialising in the garden and Lounge, thereby making the event a success that we will aim to repeat next year.

Thanks for the entertainment go to the Music Club musicians of Hollow Hail, for their twist on contemporary pop, Full Circle Blue, for some smooth laid-back blues, and Subatomaton for their original blend of rock. Thanks also to all those who volunteered and helped before, during and after the party.





## Fireworks Display

This year's Fireworks Display will be held on Saturday 2nd November and it promises to be even more spectacular than last year.

The pyrotechnics will again be provided by Illusion Fireworks, the 2018 British Firework Champions. We'll have food courtesy of Inner Circle Catering, drinks will be available from the RecSoc outdoor bar and there will be the usual myriad of glow toys available for younger (and older) attendees to play with.

After the fireworks finale there will be the traditional family disco in the RecSoc Lounge.

Organisation of the event is well underway but we need more volunteers to help with setting up, marshalling the event on the night and clearing up afterwards.

Please contact [Paul Sedwards](#) or [Simon Moorby](#) if you can volunteer to help or would like more information.



## Sponsored Charity Events

RecSoc Committee Members Martin Rudman and Peter Phillips recently completed sponsored events to raise funds for charities that they support.

Martin faced his fear of heights and tackled a Tree Top Challenge to raise over £500 for the Team Poundie dog charity. Martin's partner, Ann, wrote afterwards "I would like to tell you how much he enjoyed the challenge but he didn't and although he completed it without screaming like a girl or having a complete melt-down there were many rude words shouted from the Berkshire tree tops."



Peter, at the sprightly age of 62, completed the Great North Run, the largest half marathon in the world, in a commendable time of 3:31:46, to raise over £2700 for the MacMillan Nurses charity that he supports in memory of his brother, Billy. Afterwards Peter wrote "Not quick, but I was more than happy with it for my first attempt. There was a lot more uphill than I was expecting, especially the last 2 miles. The atmosphere was amazing as was the support I got in fund raising from colleagues, friends and family."

If you'd like to tell us about your sponsored charity activities in the next newsletter please contact [Ronnie Brumfitt](#).

## RAL RecSoc Activities List – September / October 2019

### Monday:

R58 Lounge:	12:30 – 13:30	Arts & Crafts (Every other week)
Tennis Courts:	12:00 – 13:00	Basketball
Sports Hall:	12:00 – 13:00	Circuit Training (£4 payable to the organiser)
Sports Field:	12:30 – 13:15	Bootcamp (£4 payable to the instructor)
Sports Hall:	13:05 – 14:00	Zumba (£4 payable to the instructor)

### Tuesday:

R58 Music Room	10:30 – 15:00	Guitar Lessons (Block booking required)
Sports Hall:	12:05 – 13:00	Yoga (£7 payable to the instructor)
Tennis Courts:	12:00 – 13:00	Netball
Sports Field:	12:30 – 13:30	Football

### Wednesday:

R58 Music Room	12:00 – 14:00	Saxophone & Clarinet Lessons (Block booking required)
R58 Lounge:	12:30 – 13:30	Lunchtime Quiz
Sports Hall:	12:00 – 13:00	Pilates (Block book with the instructor @ ~£5/class)
Tennis Courts:	12:00 – 13:00	Tennis Coaching Sessions
Sports Field:	12:30 – 13:15	Bootcamp (£4 payable to the instructor)
Sports Field:	12:30 – 13:30	Volleyball
Sports Field:	12:30 – 13:30	Walking Football
Sports Hall:	16:30 – 18:30	RAL Fencing Club
Tennis Courts:	17:30 – 18:30	Tennis Coaching Sessions

### Thursday:

R58 Music Room	10:30 – 15:00	Piano Lessons (Block booking required)
Sports Hall:	12:00 – 13:00	RAL Fencing Club
Tennis Courts:	12:00 – 13:00	Tennis Coaching Sessions
Sports Field:	12:30 – 13:30	Football & Women's Football Training
Sports Hall:	13:05 – 14:05	Lepton Morris (RAL Morris Dancing Club)
Tennis Courts:	17:30 – 18:30	Tennis Coaching Sessions

### Friday:

Sports Hall:	12:15 – 13:15	Adult Beginners Ballet (£5 payable to the instructor)
Sports Field:	12:30 – 13:15	Bootcamp (£4 payable to the instructor)

Sports Field by ESA: 12:30 – 13:30 Touch Rugby

If you would like to submit content for the next newsletter please contact [Ronnie Brumfitt](#).