

Rutherford Appleton Laboratory Recreational Society July 2019 Newsletter



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

The RecSoc Lounge – Summer Lunchtime Activities

The RecSoc R58 lounge and garden provides a relaxing lunchtime retreat and offers a variety of inexpensive beverages as well as free games and activities for members to enjoy.

In the Lounge we have pool, darts and cards for crib and poker; assorted board games such as chess, draughts and scrabble; retro games like KerPlunk and Mousetrap; jigsaw puzzles; the popular Wednesday lunchtime quiz; new Arts & Crafts sessions; and of course music and freeview TV channels you can choose from.

In the garden we have the patio for al fresco lunching and socialising; Aunt Sally for impressing your colleagues with your stick chucking prowess; badminton for a gentle knock up (if it's not too windy); and a variety of games like giant Jenga and Skittles.

The lounge is also available for meetings, functions, celebrations and parties. For more information contact the lounge manager [Peter Phillips](#).

How to Join the RecSoc

There are three categories of membership for the RecSoc.

Full Membership is available to all STFC staff by joining the CSSC.

Affiliate Membership is available to all Diamond and ESA staff, also by joining the CSSC.

Associate Membership is available for Harwell Campus employees and others interested in joining specific RecSoc clubs or participating in RecSoc organised activities.

More information and membership details are on our website at www.ralrecsoc.com and our in.focus intranet pages [here](#).

Music Club

The Music Club has the opportunity to offer saxophone and clarinet lessons with a local teacher.



We also hope to start beginner guitar lessons and we're planning for additional piano lesson to start in September to complement the lessons currently on offer to members.

Learning a musical instrument teaches concentration and perseverance, increases memory capacity, improves academic skills, enhances body coordination, reduces stress and anxiety, refines your life skills, and is jolly good fun.

If you are interested in taking saxophone, clarinet, guitar, piano or drum lessons please contact [Tristan Youngs](#).

Civil Service Active Wellbeing Week

For this year's Civil Service Active Wellbeing Week the RecSoc, with support from Oxford CSSC, organized 28 taster sessions for 22 different activities, which attracted around 350 staff from across the Harwell Campus, with the total participation in the activities exceeding 450 as many people tried something different each day.

Civil Service Active Wellbeing Week @ RAL From Aunt Sally to Zumba and a few points in between.



We have been told by CSSC that this year we were by far the largest supporters of AWW for 2019 with CSSC now considering how to replicate our efforts in 2020.

This fantastic accomplishment couldn't have been achieved without the time and effort of the 30 RecSoc and Oxford CSSC volunteers who gave up hours of their own time to plan and then provide the activities during their lunchtimes, with a common aim of raising awareness of Mental and Active Wellbeing in the Workplace.

There is a wealth of information with tips and advice on how to improve or maintain your Active Wellbeing on the [Active Wellbeing Website](#) with beginners' plans for walking, cycling, swimming or running, along with maps, nutritional advice and much more.

There are also some great tips provided by the Charity for Civil Servants for Mental Health Support on their website at this [Link](#). It includes advice and help for employees and employers alike, along with links to Mental Health exercises and a Be Mindful online course.

CSSC Inter-Departmental Offshore Regatta & RecSoc Sailing Club

The Inter-Departmental Offshore Regatta (IDOR) is held every year between boats and crews representing Civil Service departments, agencies and entries from Civil Service recreation and sailing clubs. Crews of 8 sail Fairview Oceanis 37 yachts from Port Hamble in a variety of races in the Solent, Hayling Bay, Christchurch Bay and around the Isle of Wight in a week long regatta.



This year two crews from Diamond took part in the event in early June. Both crews were very competitive, placing among the first 6 in a fleet of 15 boats. To begin, 3 days with light winds allowed the less experienced crews to get used to the ropes, manoeuvres and boats, and on the Tuesday both boats from Diamond showed their good sailsmanship finishing first and second in the around the island race in a very close finish. On the Thursday, when stronger winds kicked in, the crews were ready for the short inshore races and both did fantastically well, ultimately placing first and six overall in the regatta.

The IDOR is a fine opportunity for crews of all abilities and experience to come together with an experienced skipper and mate and represent their department, agency or club in what must be one of the best means of team building and bonding. The one-design fleet means that no crew is disadvantaged through lack of access to a competitive boat and most crews are a mixture of novices, dinghy sailors, cruisers and racers of various experience.



The RecSoc is hoping to restart its sailing club and join forces with the Diamond sailors to participate in some of the other Civil Service Sailing Association events and next year's IDOR. If you'd like to be involved with the RecSoc sailing club please contact [Mike Courthold](#) for more information.

CSSC Oxford Area

The Oxford Area CSSC was recently recognised as Highly Commended Runners Up for the Russel Scott Trophy at the CSSC Annual Awards ceremony held at Celtic Manor in June.

The award is given annually to the Area Association (AA) with the best all round record. Derby and Nottinghamshire AA are this years Trophy winner, though the Oxford Area were strong contenders.

Alison Brucker, Oxford Area Treasurer, also received a prestigious Merit Award, the CSSCs highest honor reserved for the most outstanding achievements, for her exceptional and distinguished service.



Martin Rudman, RecSoc Committee member and Oxford Area Chairman, attended the ceremony and accepted the award on behalf of our AA.

Netball

Following the success of the Active Wellbeing Week taster session the RecSoc will be adding netball to its lunchtime activities.

In August informal games and training sessions for all ages and abilities will begin on Tuesdays, from 12:00 until 13:00, on the RAL tennis courts. If these prove to be popular we will look to set up teams for more formal competitive matches.



Please contact [Sarah Needham](#) if you're interested in playing or would like more information.

RAL RecSoc Activities List – July & August 2019

Monday:

R58 Lounge:	12:30 – 13:30	Arts & Crafts (Every other week)
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:

Music Room	10:30 – 14:30	Piano Lessons (Block book with the teacher)
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 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 Hall:	16:30 – 18:30	RAL Fencing Club
Tennis Courts:	17:30 – 18:30	Tennis Coaching Sessions
R58 Lounge:	19:15 – 23:00	Bar open for Aunt Sally Evening League home matches

Thursday:

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
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
Sports Field:	12:30 – 13:15	Bootcamp (£4 payable to the instructor)

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

During the summer badminton will be available in the garden and on the sports field.
Rackets and shuttlecocks can be borrowed from the Lounge.

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