

# Rutherford Appleton Laboratory Recreational Society February 2020 Newsletter



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

## Happy New Year - Your RecSoc Needs You!

We hope you had a great Christmas break, that returning to work in January wasn't too bad, and that you're looking forward to an exciting year ahead at the start of the new decade.

The RecSoc Committee has started planning our program of events and activities for 2020, some of which are listed below.

March	Music Club 'Open Mic Night'
March	RAL SHE Fayre
April	RecSoc AGM
June	Charity Quiz Night
July	Music Club 'Live@The Lounge'
July	Civil Service Active Wellbeing Week
August	RecSoc Summer Party & BBQ
October	MaDFest 2020 music & dance festival
October	World Mental Health Day
November	RecSoc Halloween Party & Fireworks display
November	Music Club 'Open Mic Night'
December	Christmas Raffle
December	Christmas Quiz



To organise and deliver these events we need RecSoc members to volunteer and help with the preparation, setting up, running on the day, and tidying up afterwards. The majority of our events can't take place safely and successfully without the support and assistance of members.

We're also seeking volunteers to help with running the bar and the regular activities we host in the lounge. If you'd like to be involved or you're willing to volunteer to help in any way, please contact the [RecSoc Committee](#).

## Twitter

The RecSoc now has a Twitter feed at <https://twitter.com/RALRecSoc>.

Set up and managed by Committee member Helen Towrie, this will serve as another platform to share current ongoings in the RecSoc, and to show people that we are always active and doing new things!



If you'd like anything posted on the feed, whether it be weekly, monthly or a one-off, please drop an email to [RecSocTwitter](#) and Helen will tweet for you.



## Music Lessons

The Music Club is looking to introduce singing and flute lessons to compliment our guitar, piano, saxophone and clarinet lessons.

The singing lessons will cover a variety of different styles, such as classical, popular and musical theatre, as well as performance techniques, and can be taken as individual lessons, or in a group or choir setting.

Regardless of the style the lessons will be relaxed, fun and available to all ages and vocal abilities.



Flute lessons will be for complete beginner to more advanced levels and can be taken just for fun, to take your musical learning further, or provide training for exams, auditions or performances.

If you're interesting in taking up singing or flute lessons, or would like more information on any of our music lessons please contact [Tristan Youngs](#).

## Alexander Technique

The RecSoc has the opportunity to host a seven week series of Alexander Technique classes with Kate Brailsford, an experienced ITM Alexander Technique teacher. Kate has previously held her Interactive Teaching Method courses at Diamond for STFC and DLS staff. The classes last 1 hour and are run over seven consecutive weeks.

Kate describes the course as follows:

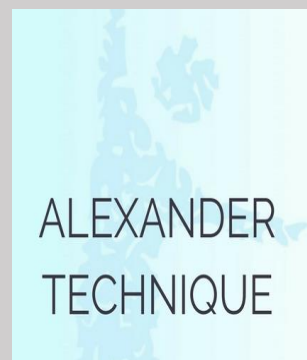
"The Alexander Technique has long been recognised as making a distinct contribution to physical and mental health, wellbeing and performance. The Alexander Technique can be used to enhance a person's co-ordination and comfort while sitting at a computer, playing a musical instrument, and in all everyday activities.

As an Alexander Technique teacher it is my job to help people learn how to prevent the unnecessary physical effort they use as they go about their everyday activities. Helping people to understand that they can be in control of their own movements and their own lives is a very satisfying job.

People are leading busy lives and juggling many personal and work priorities. The opportunity to take time out of the working day to come together and learn about Mr Alexander's principles and discoveries could be a worthwhile way to spend a lunch break and a constructive investment in an easier way of life".

Kate also offers one day workshops at weekends, the next of which is on Saturday 9th February in Wantage.

If you'd like more information please contact [Ronnie Brumfitt](#).



## Tai Chi Chih

An Introduction to Tai Chi Chin Course will be starting on Wednesday 5th February, from 13:00 to 14:00, in the R58 sports hall.



Tai Chi Chin, also known as “Joy through movement”, is a form of mindful moving meditation which grounds and connects you to others through a simple sequence of 19 moves and one pose. It’s great for de-stressing and calming body, mind and emotions, and can be done standing or sitting with the same benefits.

The classes will be lead by qualified instructor Tina Wells, the first class is a free taster session which will then be followed by a course of six weekly classes.

To reserve a place at the taster session please contact [Ronnie Brumfitt](#).

## Circuit Training

If you want to get fit for the new year, come and try a Circuit Training session in the RecSoc Sports Hall. We're always looking for new people to join the class and the first session is free!



Circuit Training is a great way to boost your all-round fitness. Each class starts with a warm-up and includes a variety of exercises covering general aerobic fitness, strength and core stability, before finishing with a cool-down and stretch. We have a range of equipment including weights, steps, rebounder trampettes, skipping ropes, etc.

You don't need to be fit before you start, you can take each exercise at your own pace and gradually build up as you get fitter. We have a fully-qualified instructor, Ema, who is very friendly and will help you tailor the exercises to your needs.

It's every Monday in the RecSoc Sports Hall, 12:00-13:00, costs £4 per session but no advance booking is required and, as previously mentioned, the first session is free.

For more information please contact [Andy Smith](#).



## Ballet

Ballet classes with our IDTA qualified teacher Amanda Taylor have started again on Fridays from 12:15 to 13:15 in the RecSoc Sports Hall.

Ballet is not only a beautiful art form and way of expressing yourself - it also has many benefits such as: Reducing stress levels; Toning the whole body; Strengthening and lengthening muscles; Increasing memory, balance, core stability & flexibility; and Improving posture, coordination, musicality and rhythm.

Classes are open to all regardless of ability or level of experience. For more information please contact [Helen Playford](#).



## RAL RecSoc Activities List – February 2020

### Monday:

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

### Tuesday:

R58 Music Room	10:30 – 14:30	Guitar Lessons (Block booking required)
R58 Sports Hall:	12:05 – 13:00	Yoga (£7 payable to the instructor)
R58 Sports Hall:	13:00 – 14:00	Football Circuit Training
Tennis Courts:	12:00 – 13:00	Netball (Weather permitting)
Tennis Courts:	13:00 – 14:00	Tennis Social Session (Weather permitting)
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
R58 Sports Hall:	12:00 – 13:00	Pilates (Block book with the instructor @ ~£5/class)
R58 Sports Hall:	13:00 – 14:00	Tai Chi Chin (£6 payable to the instructor)
Tennis Courts:	12:30 – 13:15	Bootcamp (£4 payable to the instructor)
R58 Sports Hall:	16:30 – 18:30	RAL Fencing Club

### Thursday:

R58 Music Room	10:30 – 15:00	Piano Lessons (Block booking required)
R58 Sports Hall:	12:00 – 13:00	RAL Fencing Club
R58 Sports Hall:	13:05 – 14:05	Lepton Morris (RAL Morris Dancing Club)
Tennis Courts:	12:00 – 13:00	Tennis Social Session (Weather permitting)
Sports Field:	12:30 – 13:30	Football & Mixed Football Training

### Friday:

R58 Sports Hall:	12:15 – 13:15	Ballet
Tennis Courts:	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](#).