

FREE Taster Sessions and Activities for ALL Staff at RAL and Harwell Campus

CSSC is collaborating with Civil Service Employee Policy Group to deliver a nationwide Active Wellbeing Week in the first week of July. There are numerous key events taking place nationwide during the week but the aim is to also get activities going in the workplace at lunchtimes and after work and to encourage staff to take part.

The RAL RecSoc and Oxford CSSC are once again working together to provide a full program of events at RAL during that week, with free to participate activities taking place each lunchtime, of which all campus staff are encouraged to join in.

There are many ways that staff can get involved.

Anyone who makes [an online pledge](#) towards a personal fitness goal via the webpage will be entered in a [Prize Draw for £2500 in holiday vouchers as well as daily draws for prizes](#) such as fitness trackers and experience days.

The Completely **FREE** activities we currently have planned will all take place at Rutherford Laboratory Recreation Society during lunchtimes throughout the week, and the organiser will inform you of times, location and appropriate clothing and footwear.

Activity	Days	Organiser	Contact
Tennis	Tu / We	Elliot Oram	elliott.oram@stfc.ac.uk
Table Tennis	Mo / Tu	Tom Griffin	tom.griffin@stfc.ac.uk
Bootfit	Mo / We	Joe Moxon	joe.moxon@stfc.ac.uk
Zumba	Mo	Martin Rudman	martin.rudman@stfc.ac.uk
Introduction to Awareness Through Movement	Mo	Alessandro Bombardi	alessandro.bombardi@diamond.ac.uk
Photography Ramble	Mo	Duncan Russell	duncan.russell@stfc.ac.uk
5K Walk / Run	Tu	Joe Moxon	joe.moxon@stfc.ac.uk
Ultimate Frisbee	Th	Joe Moxon	joe.moxon@stfc.ac.uk
Walking Football	Tu / Th	Ronnie Brumfitt	ronnie.brumfitt@stfc.ac.uk
Volleyball	We	Paul Sedwards	paul.sedwards@stfc.ac.uk
Netball	We	Sarah Needham	sarah.needham@stfc.ac.uk
Fencing	Th	Adrian Coveney	adrian.coveney@stfc.ac.uk
Hula Hoop Fitness	Th	Katy Gilder	katy.gilder@stfc.ac.uk
Aunt Sally	Th	Nick Moore / Joe Moxon	joe.moxon@stfc.ac.uk
Outdoor Badminton	Mo	Sarah Needham	sarah.needham@stfc.ac.uk
Ballet for fitness taster	Fr	Ronnie Brumfitt	ronnie.brumfitt@stfc.ac.uk
General Knowledge Quiz	We	Martin Rudman	martin.rudman@stfc.ac.uk
Board Games in the lounge	Daily	Ann Turner / Peter Phillips	peter.phillips@stfc.ac.uk
Pool (Free play and mini tournament if enough interest)	TBC	Simon Moorby	simon.moorby@stfc.ac.uk
Yoga	Tu	Ronnie Brumfitt	ronnie.brumfitt@stfc.ac.uk
Pilates	We	Ronnie Brumfitt	ronnie.brumfitt@stfc.ac.uk
Piano Lessons	Tu	Tristan Youngs	tristan.youngs@stfc.ac.uk

To take part in any of the Free Sessions, please email the relevant contact to reserve a slot, which will be available on a first come basis

Note that for all regular classes which usually involve an instructor fee, these sessions are free for everyone who attends in AWW, including regular class attendees with the fees being covered by the Rec-Soc and Oxford CSSC

All participants throughout the week, will also receive a ticket which can be redeemed for a free plate of food at the RecSoc Active Wellbeing Lunchtime BBQ on Friday 12 July, and more details will follow for that event.

Contact Martin Rudman martin.rudman@stfc.ac.uk with any questions related to Active Wellbeing Week.