

Rutherford Appleton Laboratory Recreational Society June 2019 Newsletter



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

RecSoc President & Vice President

The RecSoc President and Vice President are strong advocates of the potential health and wellbeing benefits that membership of the Society can provide to staff.

John Collier, Director of the Central Laser Facility and STFC Diversity Champion.

"STFC are committed to fostering an environment that fully promotes the health and wellbeing of all of our staff. The RecSoc, and Civil Service Sports Council that it is associated with, provides an absolutely vital and integral part of our delivery on this commitment to our staff".

"As a RAL Director, and STFC's Champion for Equality, Diversity and Inclusion, I am increasingly conscious and concerned about the rise of mental health illness such as anxiety and depression. The RecSoc has a really important role to play here to help us address and hopefully reverse this trend, and I am determined to ensure that it gets the recognition and resources it needs to do so".

Tom Griffin, Director of Scientific Computing and STFC Wellbeing Champion.

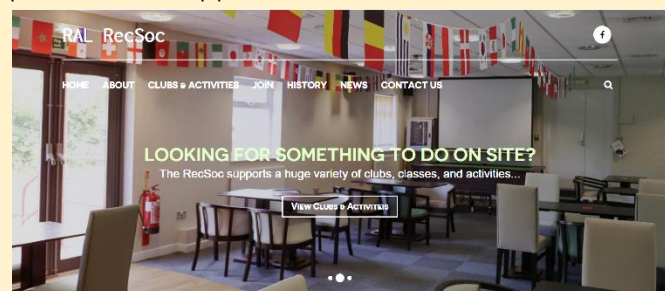
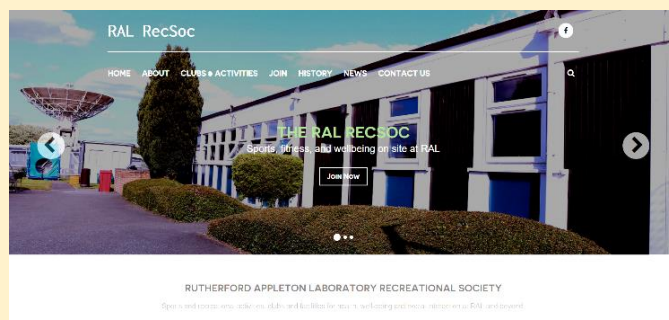
"Wellbeing is a simple word, but not always easy to explain. For me it is about being comfortable, happy and healthy in your work and home life. This covers a lot of things including mental health, stress, flexible working, social and physical activities".

"As one of our team of MIND trained Mental Health First Aiders, I am aware of the impact poor wellbeing can have and a key part of our wellbeing activities must be to provide opportunities and support, and not to be reliant on mental health crisis first aid. I am looking forward to working with the Wellbeing and Engagement Working Group, and HR to help deliver this strategy and action plan".

New External Website

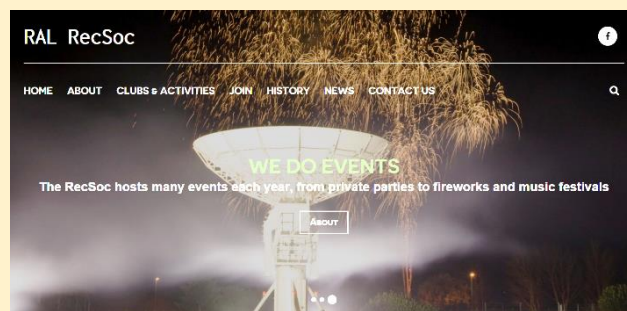
The RecSoc Committee is pleased to announce we have a new external website at www.ralrecsoc.com

The mobile friendly website will enable us to inform our members, as well as RAL, Diamond and Harwell Campus staff, of the events, activities, clubs and classes we provide and support.



If you have any comments or suggestions, or would like to add content, advertise local events, or let us know what RecSoc or CSSC activities you've been involved with, please contact [Elliot Oram](mailto:Elliot.Oram@ral.ac.uk).

Using the new website, Facebook page, newsletters and other social media platforms we will keep you up to date with the wide and varied happenings going-on through the RecSoc and the Oxford Area CSSC.



Legs, Bums & Tums

The RecSoc is planning to introduce a Legs, Bums & Tums session, in the R58 sports hall on Fridays, as one of its lunchtime activities.

LBT is group exercise class which targets the legs, bum and tum area to shape and tone the body.



Benefits of Legs, Bums & Tums classes include:

- Full body aerobic & toning workout
- Increases your stamina and endurance
- Builds your strength
- Increases your energy levels
- Increases flexibility / mobility
- A great workout for burning calories
- An enjoyable exercise.

LBT is great for anyone who wants to lose weight or improve their fitness levels and raise their stamina with some aerobic exercise. The class can help maintain a good level of fitness that will keep you healthy and motivated in both your work and personal life.

If you would like to try a LBT class please contact [Ronnie Brumfitt](#).

Music Club - Live@TheLounge

The Music Club will be holding a live music evening in the R58 Lounge on 26th June from 6:30 to 10:00 for all members and their guests.

The bar will be open and there will be a buffet available for a small donation to the Club.



We will have a selection of Music Club bands and solo artists performing a variety of styles and genres to entertain the audience.

If time permits there may be an "Open Mic" session at the end of the evening for anyone who wants to perform, be that playing, singing, or an impromptu jam with other musicians!

If you would like more information about the Music Club and the Live@TheLounge event the please contact [Tristan Youngs](#).

Arts & Crafts

The Arts & Crafts Club is planning to hold monthly Monday lunchtime sessions in the R58 Lounge. The aim is to provide members with a chance to come along and try a range of different creative activities, or use it as communal workspace for their own arty projects. Art supplies will be provided or you can bring your own.



The Club will also look to provide the opportunity for members, and other creatives around the RecSoc, to show off their artistic pastimes should they wish, with an Art & Craft exhibition - though there is no pressure to make something for the exhibit, should you just like to use the session as an opportunity to have a break from the work day and be creative!

For more information please contact [Helen Towrie](#).



Civil Service Active Wellbeing Week

This year's Civil Service Active Wellbeing week will be from the 1st to 5th July.

Our schedule of activities, with the relevant contacts details, will be advertised during June and this year our aim is to make our taster events available to everyone, regardless of whether they're a member of the RecSoc and CSSC or not, and we're hoping to involve other Campus organisations as well.

The program of activities on offer at RAL will include:

- Adult Beginners Ballet
- Aunt Sally
- Bootcamp
- Fencing
- Hula Hoop Fitness
- Introduction to Awareness through Movement
- Netball
- Outdoor Badminton
- Photography Ramble
- Pilates
- Piloga
- Pool
- Table Tennis
- Tennis
- Ultimate Frisbee
- Volleyball
- Walking Football
- Yoga
- Zumba
- 5K Walk / Run

All the activities will be run over lunchtimes between 12 & 2pm, though some will be weather dependent.

The poster for Civil Service Active Wellbeing Week 2019 features a bright blue background with a large orange silhouette of a person with arms raised in a 'V' shape. At the top left, the HM Government logo is visible. The main title 'Civil Service Active Wellbeing Week' is written in large white letters, with 'July 1-5 2019' in smaller white text to the right. Below the title, there are three orange circular icons: a heart, a gift, and a person. To the right of these icons are three sections of text: 'What will you pledge?' with the subtext 'Make a simple pledge to lead a more active lifestyle and WIN!', 'What could you win?' with the subtext 'A luxury holiday and daily prize giveaways up for grabs to pledge makers', and 'Simply visit activewellbeing.me.uk' with the subtext 'Find all the support you need to make a positive change this summer'. At the bottom, a blue banner contains the text 'Make your move with' followed by the CSSC Sports & Leisure logo.

We all know leading an active lifestyle makes you healthier and happier but sometimes we need that little nudge to get us started. That's where CSSC pledges come in. By making a simple pledge you're sharing how you aim to become more active. It can be as much or as little as you're comfortable with. The important thing is that you're taking steps towards a healthier you.

Making a pledge couldn't be simpler, just visit the website and tell the CSSC who you are and what you aim to do for Active Wellbeing Week and beyond and you'll automatically be entered into the daily prize draws taking place from Monday 1 July to Friday 5 July. There is also an overall prize at the end of the week, where one lucky pledger will win £2,500 worth of holiday vouchers.

Further information on CSSC Active Wellbeing Week activities, pledges and the daily prize draws is available on the website at <https://activewellbeing.me.uk/>.

If you'd like more information about our Active Wellbeing Week, or you're interested in volunteering to help run an activity, please contact [Martin Rudman](#).

RAL RecSoc Activities List – June 2019

Monday:

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:

Sports Field:	12:30 – 13:30	Football
Sports Hall:	13:05 – 14:00	Yoga (£7 payable to the instructor)

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:	12:00 – 13:00	Adult Beginners Ballet or LBT (Dates and times to be confirmed)
Sports Field:	12:30 – 13:15	Bootcamp (£4 payable to the instructor)

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