

Rutherford Appleton Laboratory Recreational Society May 2019 Newsletter



Sports and recreational activities, clubs and facilities for health, wellbeing and social interaction at RAL and beyond.

New RecSoc Committee

Following the AGM we have a full Committee of 16 dedicated volunteers who are looking forward to representing the Society members and working behind the scenes to continue to provide events, activities, clubs and classes to enhance our health, wellbeing, social interaction and work-life balance. Please contact a Committee member if you have questions, suggestions or comments about the RecSoc.

Committee members elected at the 2019 AGM				
Paul Sedwards	Chairperson	paul.sedwards@stfc.ac.uk	5319	RAL Space
Tristan Youngs	Vice Chairperson	tristan.youngs@stfc.ac.uk	5050	ISIS
Ronnie Brumfitt	Honorary Secretary	ronnie.brumfitt@stfc.ac.uk	5048	Technology
Joe Moxon	Honorary Treasurer	joe.moxon@stfc.ac.uk	6180	Finance
Peter Phillips	Lounge Manager	peter.phillips@stfc.ac.uk	6764	ISIS
Mike Courthold	Committee Member	mike.courthold@stfc.ac.uk	6462	Technology
Katie Dore	Committee Member	katie.dore@diamond.ac.uk	8146	Diamond
David Hunt	Committee Member	david.hunt@stfc.ac.uk		ISIS
Simon Moorby	Committee Member	simon.moorby@stfc.ac.uk	5056	Technology
Sarah Needham	Committee Member	sarah.needham@stfc.ac.uk	7088	CLF
Elliot Oram	Committee Member	elliott.oram@stfc.ac.uk	5635	ISIS
Helen Playford	Committee Member	helen.playford@stfc.ac.uk	6890	ISIS
Martin Rudman	Committee Member	martin.rudman@stfc.ac.uk	6649	Technology
Miriam Simons	Committee Member	miriam.simons@stfc.ac.uk		SPC
Helen Towrie	Committee Member	helen.towrie@stfc.ac.uk	5401	CLF
Brian Wyborn	Committee Member	brian.wyborn@stfc.ac.uk	5589	CLF

R58 Lounge

The R58 lounge is open to members and guests each lunchtime between 12:00 and 14:00 and offers a selection of inexpensive beverages and snacks in friendly and relaxed surroundings. We have traditional games, such as darts, pool, cards and dominoes, as well as a selection of board games and jigsaw puzzles with which to unwind in pleasant company. Also, with the arrival of summer weather, the patio and garden are available for those who like a cool drink with their al fresco lunch.



On Wednesdays at 12:30 there is the lunchtime quiz, which is an ideal opportunity to team up with your colleagues and friends to pit your general knowledge against other RecSoc members.

Periodically the lounge also hosts Music Club live music nights, comedy and entertainment evenings, and summer barbeques. It is also available for work related functions and celebrations, as well as private parties. For more information please contact [Peter Phillips](mailto:peter.phillips@stfc.ac.uk).

Volleyball

The RecSoc is introducing Volleyball as one of its lunchtime activities.



Sessions will be held on the RAL Sports Field on Wednesday lunchtimes from 12:30 onwards, weather permitting.

Initially the games will be informal but may become more competitive as the summer progresses.

If you're interested in playing or would like more information please contact [Cecilia Sanchez Hanke](#).

Table Tennis

The Table Tennis Club has had another active year with lunchtime play for all standards in R58 and teams playing evening matches in the local Oxford and Didcot Leagues.



In the Oxford & District League the **Rutherford A** team finished 4th in Division 1 (P14 W7 L7).

In the Didcot & District League:

RAL Avengers finished as champions of Division 1 (P16 W13 D1 L2), winning the League for the 3rd successive year;

RAL Atomics were 5th in Div. 1 (P16 W6 D2 L8);

RAL Crusaders were 3rd in Div. 2 (P18 W12 D1 L5);

RAL Dragons were 10th in Div. 3 (P18 W3 D1 L14).

The Club also made it to the final of the Didcot & District League Bidmead Cup but unfortunately lost to Moreton by 383 to 351.

Chris Lansley, Tom Griffin and Tim Pett represented the Club and played some very good games but on this occasion the Moreton team was just too strong for the RAL team.

For more information about the Table Tennis Club please contact [Brian Wyborn](#).

Adult Beginners Ballet

The RecSoc has the opportunity to host adult beginner ballet classes with Amanda Taylor, a local IDTA qualified teacher and associate of the RAD, who teaches children and adults of all ages and levels of experience.

Amanda is offering free taster sessions for anyone who'd like to try ballet for the first time or those who have danced in the past and who would like to take it up again.

Adult Beginners Ballet

Ballet is not only a beautiful art form and way of expressing yourself, it also has many benefits:

Reducing stress levels

Toning the whole body

Strengthening and lengthening muscles

Increasing memory, balance, core stability & flexibility

Improving posture, coordination, musicality & rhythm

Dancing increases serotonin levels making us feel happier!

Whilst ballet might conjure up images of Swan Lake, The Nutcracker, Dame Darcy Bussell and Billy Elliot, it is open and accessible to all ages and abilities. All that's required are loose clothes and soft shoes or grippy socks.

Initially the taster sessions will be arranged for Friday lunchtimes. Thereafter regular classes could be set up if there are enough interested people.

Taster sessions and classes would be limited to a maximum of 12 students due to the size of the sports hall.

If you would like to try a free taster session please contact [Ronnie Brumfitt](#).

Photography Club

The Photography Club recently exhibited an eclectic selection of pictures in the Library, showcasing some of the stunning images captured across the seasons by Club members. A few are shown here and these, along with others, can be seen on the Club's intranet page.



The Club holds monthly themed meetings where members can display their camerawork, and to which non-members are welcome to attend. The next meetings are:
Tuesday 28th May in CR03 (Appetite/Consumption/Satisfaction)
Tuesday 18th June in CR21 (Theme to be set at May meeting)

Over the summer months the Club will be holding photography walks around Harwell Campus offering the opportunity for anyone to join in a small ramble to capture some of the local fauna and flora using cameras or mobile devices.



The included photographs are courtesy of Alex Pertica, David Hooper, David Keymer, Duncan Russell, Izhar Ul-Haq and Tim Folkes.

For more information please contact [David Hooper](#) or [Duncan Russell](#) or see the Club intranet page at <https://staff.stfc.ac.uk/people/rec/RAL/clubs/photo/Pages/default.aspx>.

RAL RecSoc Activities List – May 2019

Monday:

Sports Hall: 12:00 – 13:00 Circuit Training
Sports Hall: 13:05 – 14:00 Zumba (£4 payable to instructor)
Sports Field: 12:30 – 13:15 Bootcamp (£4 payable to instructor)

Tuesday:

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

Wednesday:

R58 Lounge: 12:30 – 13:30 Lunchtime Quiz
Sports Hall: 12:00 – 13:00 Pilates (Block book via instructor @ ~£5/class)
Sports Field: 12:30 – 13:15 Bootcamp
Sports Field: 12:30 – 13:30 Volleyball
Sports Hall: 16:30 – 18:30 RAL Fencing Club
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
Sports Field: 12:30 – 13:30 Football
Sports Hall: 13:05 – 14:05 Lepton Morris (RAL Morris Dancing Club)

Friday:

Sports Hall: 12:00 – 13:00 Adult Beginners Ballet (Free taster sessions)
Sports Field: 12:30 – 13:15 Bootcamp

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

Civil Service Active Wellbeing Week

Just a heads up, this year's Civil Service Active Wellbeing week will be from the 1st to 5th July.

Following on from the outstanding range of activities and taster events that we provided last year through the RecSoc and Oxford CSSC, we hope to offer even more this time around.

Whilst the details aren't all available yet, we intend following a similar pattern to 2018 and will have plenty of support packs and volunteer T-shirts for anyone willing to get involved in organising and running the activities and events.

If you're interested in volunteering, would like more information, or have any suggestions for taster events that we could offer, please contact [Martin Rudman](#).

More information is available on the website at <https://activewellbeing.me.uk/> and we'll let you know the RAL events and activities schedule towards the end of June.

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