

Rutherford Appleton Laboratory Recreational Society November 2019 Newsletter



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

Fireworks Display

This year's Fireworks on Saturday 2nd November was, despite the rather inclement weather, another spectacular display. RecSoc Committee Member Helen Playford was one of the event volunteers.

"It was with slight trepidation that I arrived at the RecSoc on a cold, wet and windy Saturday evening for the annual fireworks display. I needn't have worried – I was welcomed by the event team (one of whom was inexplicably wearing shorts!), handed a high-vis vest and torch, and given my "job" for the evening. I was to patrol the field on the lookout for contraband (sparklers!), answer questions and just generally be helpful if needed.

Over the next hour the first visitors started to arrive and most headed into the marquee to browse the ever-popular glow toys or get a drink at the bar. The caterers from Inner Circle enticed people over to their barbecue with shouts of "Roll up, roll up! Get your hotdogs here!" and I can personally vouch for the deliciousness of said hotdogs!

The rain and wind eased a little as display time approached, and the crowd grew quickly. The display team made everyone jump with a single banger and murmurs of "That's the 5 minute warning" could be heard.



Once it began, the weather was forgotten and all faces turned skywards to watch the display put on by Illusion Fireworks. It was fantastic, with a great mixture of sizes, colours and textures of fireworks entertaining us for over 10 minutes – I heard many oohs, aahs and wows from the crowd.

The after display disco in the Lounge was also well attended and there was much enthusiastic dancing from the younger members of the crowd!

My patrolling duty was happily uneventful and I clocked up over 10,000 steps as I strolled round the field. Volunteering – good for the soul and the body!

Afterwards we heard ours was the only display in the local area that went ahead that night, which is testament to the hard work and determination of everyone involved. Well done, events team! I'm already looking forward to the next one." *Helen Playford.*



The RecSoc Committee would like to thank all the volunteers who helped before, during and after the fireworks display to make it a safe and successful event.

Tennis Club

RAL Tennis has had another outstanding season seeing a record breaking 82 members picking up rackets and playing on the newly refurbished courts!

The official 2019 season ended in October and was followed by the AGM on October 24th. The committee has grown in number for the 2020 season, and committee members are already planning further improvements upon the great sessions, activities, tournaments and coaching for next year.

Finally the end of season saw a delighted Dimitar Tasev awarded the trophy for winning the internal club championship this year.



Still thinking about picking up a racket? There's still time this year! Come and join us at one of our social sessions on Tuesday or Thursday lunchtime (weather permitting!).

Please contact [Elliot Oram](#) if you would like more information.

Basketball and Netball

Despite the autumnal weather an impressive number of hardy souls have been on the tennis courts on Mondays and Tuesdays playing basketball and netball.

Led by keen organisers, Amy Fawcett and Sarah Needham, men and women of all ages and abilities have enthusiastically made use of the new basketball and netball hoops and the much improved playing surface.



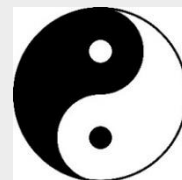
Most of the participants haven't played since leaving school so sessions involve an element of training as well as friendly informal games, depending on the numbers attending. Suffice to say running around and throwing a ball is great fun and a really good way to get some fresh air and exercise during your lunchbreak.

The plan is to continue regular sessions and set up teams next Spring to play more competitive games and possibly some inter-departmental matches.

The sessions are weather dependant so if you'd like to join in please contact [Amy Fawcett](#) for basketball or [Sarah Needham](#) for netball.

Tai chi

Following the successful World Mental Health Day tai chi taster session hosted by the RecSoc we're looking to introduce regular beginner's classes in the New Year.



Tai chi combines deep breathing and relaxation with flowing movements. Originally developed as a martial art in 13th-century China, it is now practised around the world as a health-promoting exercise to help reduce stress, and improve posture, balance and general mobility.

Tai chi is characterised by its slow, graceful, continuous movements that are gentle on the joints and muscles, making it an ideal low-impact exercise to gradually increase your activity levels.



Beginner classes will be suitable for all ages and abilities. Please contact [Ronnie Brumfitt](#) if you're interested in trying tai chi in January.

R58 Lounge

The R58 Lounge is gearing up for the festive season and is ideal for informal daytime meetings and work functions, lunchtime social gatherings and team celebrations, as well as after work events and private parties.



The Lounge is fully licensed and provides a welcoming comfortable space with ample seating, additional rooms for laying out food or dancing, a good selection of inexpensive beverages from the bar, and a variety of games and activities available to enjoy.

You don't have to make a booking for an informal lunchtime gathering but please let us know if a large group are expected so we can ensure the bar is suitably staffed. Please note that we are unable to offer exclusive use of the Lounge during lunchtimes.

If you'd like to book the Lounge please check the "R58 Lounge" Outlook calendar for available dates and times, then email a completed [booking form](#) to the [Committee](#).



Christmas Raffle

This year's Christmas Raffle will be held on Tuesday 17th December with the draw taking place at 12:45.

There will be a fabulous selection of over 60 prizes ranging from traditional Christmas hampers and seasonal fayre; gift baskets and chocolate tubs; assorted beers, wines, and spirits; gift vouchers for High Street retailers; and a star prize of £300 Amazon Gift vouchers.



Tickets cost £1 each and are available in the R58 Lounge and from the following sellers around site.

Sonya Chapman (R1)
Helen Towrie (R1)
Simon Moorby (R8)
Peter Phillips (R80)
Katie Dore (Diamond)

Emily Galvin (R1)
Elliot Oram (R2)
Martin Rudman (R25)
Sue Jones (R92)
Ali Jones (PHECRCE)

Joe Moxon (R1)
Helen Playford (R3)
Sarah Langham (R80)
Paul Sedwards (R100)

Tickets will be on sale on the day of the draw until 12:30 only but there is limited availability so we recommend getting yours early.

Christmas Quiz

The Christmas Quiz will be held at 12:30 on Wednesday 18th December and will contain an eclectic selection of brain teasing trivia and general knowledge questions to test your Xmas acumen.

Teams may consist of up to 6 people and there will be small prizes for the winners, though it's mostly just for fun and of course bragging rights for the winning team.

So, why not don a festive jumper and muster up a team of friends (or colleagues) to pit your wits and combined intellect of all things Christmassy against the other merry quizzers.



RAL RecSoc Activities List – November / December 2019

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)
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	Football Circuit Training
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:

Tennis Courts:	12:30 – 13:15	Bootcamp (£4 payable to the instructor)
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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](#).