

WHAT'S ON IN 2016

LONDON REGION



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INTRODUCTION

CSSC Sports and Leisure is a membership organisation that offers a huge range of sport and leisure activities to more than 115,000 members. Our aim is to get the civil service and public sector healthy and active, helping our members to make the most of their spare time through fun and social activities.

CSSC London is the most active and diverse region within CSSC and this booklet provides you with a snapshot of the hundreds of events, activities and offers that are organised here for our members.

For just £3.80 per month you get:

- Access to a huge range of local, regional and national leisure and sporting activities.
- Assistance with entry fees to certain sporting activities and training through our subsidy schemes.
- Assistance for members with disabilities or those experiencing financial hardship, to enable them to fulfil their sporting and recreational potential.
- Thousands of discounts in high street stores and on holidays, cars, fun days out and much more – powered through our My Savings+ portal.
- Discounted tickets for cinemas and a range of other attractions through CSSC's Online Shop.
- Corporate membership of English Heritage – giving you, one accompanying adult and up to six accompanying children free admission to over 280 participating sites including access on event days.
- Quarterly competitions where you can win amazing prizes such as an iPad mini or SayShopping vouchers.
- Regular communications to keep you up to date on all the latest activities and offers.

Members can also take advantage of linked membership and nominate up to three adult family members or friends to join CSSC as well. You can enjoy all that CSSC has to offer with those that are closest to you, who might not qualify for membership by virtue of public sector employment. Linked members will pay the same membership fee and have the same membership rights as any other member.

For more information on the benefits of CSSC membership, or to apply,
please contact Suzanna Kane – **suzanna.kane@cssc.co.uk**
or **01494 888435**

ACTIVITIES

CSSC London organises a great selection of sports and leisure activities that members can participate in at a subsidised cost. Whatever you fancy, there's something for everyone – such as theatre trips, golf and spa weekends, days at the races, 5-a-side football, netball and much more! Or why not have a go at something you've never tried before? We organise darts, snooker, day trips and we even have our own sailing boat.



Theatre

We have a huge range of value-for-money theatre show tickets for 2016 – Cirque du Soleil, Guys and Dolls, Motown the Musical, Footloose and many more.

"Thank you for a superb evening. Memphis the Musical was a fabulous show. We were met by the CSSC Rep at the time stated and given our tickets. We had good seats and the price paid for 3 tickets was a real bargain!"

Beverley Biggs – Memphis the Musical

Guided Walks

We have two great guides who will take you around London on various walks that cover all of London and include many themes. Past themes have included the Olympic Park, Secret London and a walking history of the Huguenot Silk Weavers.

ACTIVITIES

Trips

Throughout 2016 we will be offering subsidised return coach trips from Victoria and Heathrow to Lille and Bruges.

Days Out

We also offer a range of subsidised days out. Keep an eye out for golf and spa weekends, horse racing events, family fun days and many more!

"Going to the Epsom Derby was one of those things I planned to do at some point in the future. But the offer from CSSC was really good and I decided to go this year with a friend to the Carluccio's picnic area. My ticket included entrance, race card, Carluccio's picnic hamper with wine and a picnic bench for the day. I could not fault it. We had lots of information prior to the event from CSSC. I am vegetarian and Lauren kindly rang the organisers to change my lunch hamper."

Denise Donovan – Epsom Derby

Event Tickets

Take in big ticket sporting events such as rugby at Twickenham, golf, Wembley events, cricket and many other popular events.



LONDON TASTER DAYS 2016

Want to try a new sport or activity, but not sure where to begin? Our taster days are the perfect way to try your hand at something new without having to commit to a club or invest in equipment. Try something new this year.



"It was a really good taster day. I would thoroughly recommend to anyone else."

Archery

"The event was excellent. The activity itself was fantastic and the staff were extremely capable and helpful. One of the best £20 I have ever spent."

White Water Rafting

"There should be more courses like this because I absolutely loved the event and would like to do this again very soon. I finished the five courses very excited and extremely satisfied. Thank you very much!"

Go Ape

"Good value and well organised."

Indoor Sky Diving

"I had such a great time I'm thinking of taking up the sport."

Clay Pigeon Shooting

Please visit **cssc.co.uk** for a comprehensive list! For more information on any of our taster days please contact Jennifer Yarrow,
Tel: 01494 888434; Email: jennifer.yarrow@cssc.co.uk

LONDON TASTER DAYS 2016

Inside the M25

Yoga at the Shard	London SE1
Introduction to Bread Making	SW6
Archery	London SE16
Fencing	London SW1P
Sushi Making	London WC2N
Paddle Boarding Paddington Basin	W2
Paddle Boarding	SW15
Chinese Takeaway Classics Cookery Class	WC2N
Circus Skills - Silks	E10
Cocktail Masterclass Shoreditch	E2
Photography Beginners City of London	SE1
Rock Climbing	London HA8
Rock Climbing	SE16
Wine Tasting Experience Day	Mayfair W1J
Distillery Tour and Gin Tasting	EC4Y
Indoor Flying Trapeze Class	SE18
Introduction to Chocolate Making	NW8
Velodrome	E20
Introduction to Cake Baking	NW8

Outside the M25

Ski, Snowboarding and Sledging	Hemel
Ski, Snowboarding and Sledging	Milton Keynes
Indoor Sky Diving	Milton Keynes
Indoor Sky Diving	Basingstoke
Karting	Milton Keynes
Curling	Kent
White Water Rafting	Lee Valley
Wakeboarding	Surrey
Clay Pigeon Shooting	Bisley
Flying	Kent
Go Ape Tree Top Adventure	Bucks
Glass Fusing	Oxford

SPORTS

Badminton

Love badminton? Love our club! We are a friendly club and we welcome all standards. We have social events and tournaments.

Venue: Westminster City School

Day/Time: Tuesday 6pm-8pm

Contact: Chris – christopher.redford@ccs.gsi.gov.uk

Barbarians Rugby

Unity. Pride. Friendship. This is Civil Service Rugby.

After hosting the Rugby World Cup, we believe that this is one of the most exciting times in our history to play rugby. CSSC's Barbarians welcome all abilities from beginners to the more experienced. Work with us and we'll work with you! Join us on Wednesday evenings in central London and/or Whitton (Twickenham) for training and/or Saturday afternoons for 15s and 7s fixtures.

Contact: Ashley – captain@csscbarbarians.co.uk

Football

We have nine 11-a-side teams as well as one vets team (for over 39s) playing across London. We cater for all levels of ability and have a great social side including European tours.

Venue: Kings House Sports Ground, Duke's Meadows, Chiswick, W4 2SH

Day/Time: Matches – Saturday afternoons; Training – Wednesday 7–8:30pm

Contact: Steve – civilservicefc1863@yahoo.co.uk

Tweet @csfc1863

Indoor Bowls

During the winter months the Civil Service Indoor Bowls Club provides a comprehensive list of fixtures around the South East of England. We welcome new and experienced bowlers and coaching will be provided.

Contact: Martin – jewittmp@msn.com

Volleyball

We hold a weekly volleyball session incorporating both coaching and games for a range of skill levels from beginners upwards. The first session is free.

Venue: Westminster City School, SW1E 5HJ

Day/Time: Monday 6-8pm

Contact: Nick – nicolas.reynolds@hmrc.gsi.gov.uk

SPORTS

Outdoor Bowls

The outdoor season runs from May to October. We play 20 games in and around the M25 and welcome bowlers of all ages and abilities. We also have a programme of social events throughout the year which are open to all bowlers and their partners.

Contact: Chris – chrismccarthy@clara.co.uk

Cygnets Rowing Club

With a firm focus on enjoying rowing, competing, and socialising, Cygnets are the Civil Service Rowing Club. We have a proud track record of welcoming new rowers of all abilities and we enjoy not only being on the water, but training and socialising off the water. We represent our club and the Civil Service at races and regattas throughout the year. Established and lapsed rowers are welcome, along with complete novices for whom we run regular learn-to-row courses.

Venue: Civil Service Boathouse, Riverside Drive, Dukes Meadows, Chiswick (just across the bridge from Barnes Bridge Railway Station).

Contact: vice@cygnet-rc.org.uk **Website:** cygnet-rc.org.uk bblrco.co.uk

Mixed Touch Rugby

We are a sociable club catering for all abilities - from complete beginners to national players, both men and women. We organise our own Monday night league all year round, and enter teams in other leagues on weekends. Our teams also enter tournaments at home and abroad. We focus on keeping fit; developing teamwork and skills; and - most importantly - having fun!

Venue: King George's Park, Wandsworth (summer) and Battersea Park (winter)

Day/Time: Mondays approximately 6-8pm

Contact: cssctouchrugby@gmail.com

Netball

Beamers are a friendly and sociable club who take part in local leagues and national and overseas tournaments. We welcome new players of all abilities.

Venue: Colombo Centre, Colombo Street, SE1 8DP

Day/Time: Monday 6-7:30pm

Contact: Rosanne – rosanne.savoury@hmrc.gsi.gov.uk

SPORTS

Tennis

Enjoy your tennis with social and competitive play at the CSLTC. All standards are welcome; for beginners and improvers we have free group coaching throughout the summer and winter. First visit is FREE! Excellent hard and astro courts with floodlights all year round. Grass courts in Summer. We also field a team for London and regional league matches.

Venue: Kings House Sports Ground, Dukes Meadow, Chiswick, W4 2SH

Contact: csltc.membership@gmail.com

website: csltc.co.uk

Riding

The Civil Service Riding Club organises riding and social events at various venues in and around London at affordable rates. Complete beginner to advanced riding is available, including dressage, western, polo, jumping and more!

Venue: Various weekday and weekend riding opportunities at stables in London and Home Countries.

Membership: £15 a year for CSSC members.

Contact: civilserviceridingclub@hotmail.co.uk

Barnes Bridge Ladies Rowing Club

Barnes Bridge Rowing Club is one of two women-only clubs in the UK and welcomes rowers of all ages and abilities. We have a wide range of equipment built for women and we have specialist coaching for the make-up of our club. We regularly run a Get Fit and Row course for beginners and have a strong social side to the club. For those that want the extra edge of competition, the club competes in a variety of regattas and competitions - often with considerable success.

Location: Civil Service Boathouse, Dukes Meadows, Chiswick, London W4 2SH

Website: www.bblrco.co.uk

Contact: captain@bblrco.co.uk

Squash

A friendly and sociable club, catering for experienced players and those wishing to take up a new sport. All from just £60 a year! If you are interested come down on a Wednesday evening (from 6pm) to Southbank Club. You'll be shown the facilities and be able to have a hit against people of a similar standard.

Venue: Southbank Club, 124-130 Wandsworth Road, SW8 2LD

Contact: Dave.Torrance@hotmail.com james.e.partington@gmail.com

Website: southbankclub.co.uk

SPORTS

Civil Service Contract Bridge Association

The bridge association operates a league that runs from October to April, which works out at about one match each month. We also hold four competitions each year, usually at the Civil Service Club in New Scotland Yard.

Secretary: Nigel Stuttard, 020 7014 2279, nanddstuttard@hotmail.co.uk

League: Tony Verran, 030 0058 5480, tony.verran@hmrc.gsi.gov.uk

Table Tennis

Members can play casual table tennis and/or join a team competing in the London Banks and Civil Service Table Tennis League. All standards welcome.

Venue: Abbey Centre, SW1P 3BU.

Day/Time: Thursday 6-9pm (casual play)

Contact: Neil – neil_le_milliere@btinternet.com

Basketball

A mix of training and games for people of all abilities. We also enter regular tournaments, friendly matches and have plenty of socials.

Venue: Pimlico Academy, Lupus Street, London, SW1V 3AT

Day/Time: Monday 8-10pm

Contact: Jide – olujide.alade@mhra.gsi.gov.uk

Civil Service Canoe Club

A friendly, welcoming canoe club with no experience necessary and boats/equipment provided.

Venue: Thames at Chiswick (summer); Porchester Centre, Bayswater (winter)

Day/Time: Tuesday evenings

We also organise day trips and weekends away as well as longer holidays.

Contact: Dan – secretary@civilservicecanooclub.org.uk



VOLUNTEERING

CSSC London's sporting, leisure and recreation programmes are only made possible because every year many volunteers give their time to ensure that members can enjoy a wide and diverse programme of activities and events.

CSSC would like you to join in helping members to enjoy their time with us. However, what you choose to do depends entirely on your own interests and how much time you have to spare. Some volunteers give up their time on a regular basis; others help out occasionally whenever they have time. Whatever you do, you'll be making a real difference.

CSSC volunteering brings all kinds of opportunities. It broadens your experience and boosts your confidence. You could learn new skills or hone existing talents. It is also a chance to be part of a team that makes a difference to people working in the civil service and public sector.



If you would like to know more about volunteering with CSSC, please get in touch with the London Team Leader, Jade Knowlden at

jade.knowlden@cssc.co.uk

OFFICE CHAMPIONS

We are looking for volunteers to promote CSSC in office buildings

"It's a great way of getting to know the people in your building and it also makes me aware early of what is going on within CSSC."

Rosanne Savoury, CSSC office champion

What is an office champion?

Our office champions help to spread the word of CSSC. We are looking for one volunteer per office who is responsible for promoting all the great benefits of CSSC to their colleagues.

What is involved?

You can do as much or as little as you are able to, so you could...

- Forward on CSSC information to your colleagues
- Print and display posters in your office
- Post CSSC details on your intranet
- Talk to colleagues about the benefits of CSSC
- Open doors for the CSSC sales team

What support will I have?

CSSC will send you emails with everything you need to help you understand and promote CSSC. Your local volunteer support advisor will also be on hand to offer you any support or advice you need.



lauren.fairhurst@cssc.co.uk



01494 888 402

REGIONAL EVENTS

The London Region offers a variety of sporting opportunities to compete in and qualify for national finals. These sports include:

SPORT	ORGANISER	CONTACT
Angling – Coarse	Fred Davis	freddavis@talktalk.net
Angling – Game	Gordon Mccain	gordonmccain@hmrc.gsi.gov.uk
5-a-side Football	Chris Knight	chris.knight@hmtreasury.gsi.gov.uk
Men's & Ladies' Golf	Pansy Barrett	james.mcgraw@cssc.co.uk
Tenpin Bowling	Sharon Finan	sharon.finan@ntlworld.com
Pool	Sharon Finan	sharon.finan@ntlworld.com
Darts	Sharon Finan	sharon.finan@ntlworld.com



Further details including dates and venues can be found on the London Region section of our website cssc.co.uk

SPONSORSHIP SCHEME

CSSC's Sponsorship Scheme provides assistance to members with disabilities or those experiencing financial hardship.

What could I claim?

Awards are allocated to help members realise their sporting or recreational potential (be that as a competitor, coach or official) and will vary in nature and amount depending on the circumstances involved.

How do I apply?

For more information visit cssc.co.uk/SponsorshipScheme

For assistance with the application process,
email sponsorscheme@cssc.co.uk or call 01494 888444

supported by



SUBSIDY SCHEMES

ACTIVITIES

If you are taking part in events such as running and assault courses (10km or more), triathlons, duathlons, cycling, open water swimming, or chipped wheelchair events, then why not let us help with the cost?

How much can you claim?

Entry Fee	Level of Subsidy
Up to £15.00	100%
£15.01 to £30.00	75%
£30.01 and over	50%

Reimbursement after successful completion of the event.
2 events per year, £20.00 per event max.



TRAINING/COACHING

Want assistance with coach, umpire or referee training costs for accredited sports training?

How much can you claim?

Entry Fee	Level of Subsidy
Up to £150.00	50%
More than £150.00	£75

Reimbursement after successful completion of the course.
One reimbursement per year.



For more information please go to cssc.co.uk/subsidies

OFFERS



Online Shop

Did you know that you can save money at the cinema? You can get your hands on a range of popular tickets for UK attractions suitable for all the family at discounted prices, including cinema tickets, family days out and much more! It's very easy – all you need to do is visit the website and take advantage of the discounts our shop has to offer.

cssc.co.uk/OnlineShop

PIMLICO fitness

To sign up please email babs@pimlicofitness.com and quote DISCOUNT CODE: CSSC01. There is no contract or signing on fee! For an updated class list visit our website pimlicofitness.com



Better Health Gym Membership

CSSC members can receive a 10% discount on Better Health and Fitness Membership (including access to gym, group exercise classes and swimming pool) at over 70 Better sites! Please see London gym offers page for further details.

cssc.co.uk/LondonGymOffers

For more offers in the London Region please visit:

cssc.co.uk/LondonOffers

OFFERS

Addlestone and Egham Leisure Centre, Achieve Lifestyle

CSSC members are entitled to a 25% discount and no joining fee (£25) at both Addlestone and Egham Leisure centres which are run by the Charitable Trust, Achieve Lifestyle.

Membership Costs:

Addlestone normal rate: £39.90

CSSC members: £29.90

Egham normal rate: £45.90

CSSC members: £34.50

Please present your valid CSSC membership card upon joining

achievelifestyle.co.uk

Members can benefit from:

- Upgraded gym at Egham Leisure Centre – 350k investment
- Extensive free weights
- Spinning studios at both sites
- Full range of fitness classes
- GP referrals welcome

Bio Analysis available at Egham. Free crèche available at Egham.

Call 01784 437695 option 3 or contact membership@achievelifestyle.co.uk

10% DISCOUNT* for all CSSC Members
at **Run and Become** running store



4a Eccleston Street, SW1W 9LN
(Close to Victoria station)
0207 222 1314
www.runandbecome.com

*T&Cs apply



Roko Health Club Chiswick Bridge

call us now on **0208 747 5750** or visit roko.co.uk

- pool & luxury spa facilities
- Elemis salon
- huge gym
- vast range of studio classes
- family swimming & swimming lessons

LIVE IT at Roko

CSSC members get an exclusive
25% discount off the monthly
price & no joining fee*

*terms & conditions apply, see in club for full details

Roko health clubs:

Chiswick | Gillingham | Nottingham | Portsmouth | York



Civil Service Club

Membership Offer

The Civil Service Club based in Great Scotland Yard has been providing facilities for Civil Servants, both retired and serving for over 60 years.

The Club has a bar, dining, function and hotel rooms. The Club's aim is to provide high quality facilities coupled with great service, great atmosphere and the best value in the Whitehall area.

In addition the Club has an extensive calendar of events, every month we provide wine tastings, comedy nights & quiz nights. The Club organises walking tours, exclusive visits to London attractions, for example to: Tower Bridge, Tower of London, Hampton Court, Leeds Castle and fully catered trips to events like the Epsom Derby.

For CSSC members the Club is offering a free month trial membership of the Club.

To apply please visit our website
www.civilserviceclub.org.uk or contact
020 7930 4881

PLAYFOOTBALL



CSSC members receive discounted rates when playing in 5,6 & 7 a-side leagues.

PlayFootball have premium facilities with full FA accreditation:

- FA qualified referees
- 3G all weather pitches
- Floodlights
- Non-stop play
- Sports bars with large screens
- Changing rooms with hot showers

There are discounted rates for casual and block bookings. As well as a 10% discount on children's parties.

London locations include:

Shepherd's Bush (opening March 2016)
Romford
Finchley
Bromley

Full t&c available at cssc.co.uk/playfootball

Visit playfootball.net for more details



ACCESS ON EVENTS DAYS*

Members now get free or discounted entry on special event days.

NEW



DISCOUNT ON HOLIDAY COTTAGES

10% discount on English Heritage Holiday Cottages when booked over the phone.

FREE ENTRY TO ENGLISH HERITAGE SITES*

Simply present your CSSC membership card on arrival at the property! Your card will allow free entry for you, one other adult and up to six accompanying children to any of the properties included in the scheme.



SHOP DISCOUNTS

15% discount in English Heritage online and on site shops.

*For more details and to check whether a site is included in the programme please visit cssc.co.uk/EH, call on 0370 3331181 or email customers@english-heritage.org.uk

MY SAVINGS+ AND TEAM CONTACTS

My Savings +

Join today to enjoy member discounts and much more

Thousands of Savings Nationally



Dining Out



Travel and Leisure



Health and Fitness



Plus discounts at thousands of local and independent shops just by showing your CSSC card.

Contact the London Team

Jade Knowlden - London Team Leader

01494 888435 or 07534 966441

jade.knowlden@cssc.co.uk

James McGraw - London Event & Volunteer Coordinator

01494 888417

james.mcgraw@cssc.co.uk

Lauren Fairhurst - London Event & Volunteer Coordinator

01494 888402

lauren.fairhurst@cssc.co.uk

CSSC MEMBERSHIP GIVES YOU...

ACTIVITIES...

- A huge range of local, regional and national sporting and leisure activities
- A chance to try something new and exciting with our taster days, including sailing, clay shooting and race days
- Golf and spa days

SAVINGS...

- Access to thousands of offers and discounts at high street stores, on holidays, eating out and more
- Special offers on new and used vehicles
- Reduced price days out, trips and theme parks
- Cinema tickets from £5 including all top chains
- Subsidised sports official training and entry into running, cycling, triathlon, open-water swimming and chipped wheelchair events

EXTRAS...

- Enhance your skills and make new friends through our brilliant volunteering opportunities
- Membership for life
- Link up to 3 of your adult friends and family to your membership

TO JOIN CSSC

Go to cssc.co.uk/join or
call CSSC Customer Support
on **01494 888444**



01494 888444



[CSSC.CO.UK](http://cssc.co.uk)



[CSSC_Official](#)



[CSSCLondonRegion](#)