

SPARTA Newsletter

SUMMER OF FUN

Welcome to SPARTA Summer 2024 Newsletter.

It's been a while since our last newsletter, so we have decided to cover as much of the summer action as possible in this one newsletter.

We have a report from Sport and Wellbeing Day, which was once again a superb event. I hope that many of you were able to attend and enjoy the day.



The SPARTA History Society has had some great lectures over the past couple of months and has been doing some history walks. We have a report on what has been held and what is coming up.

In this issue of the SPARTA newsletter the DfT and MHCLG Employee Benefits teams give us a short rundown of some of the health and wellbeing benefits that are available to all DfT and MHCLG.

Such as loans for bicycles to help

people cycle to work. Check out all the details in the article.



CSSC are running an Active Wellbeing challenge starting in September. This is a great chance to bring people together to achieve a common goal.

Why not sign up and get your friends involved as well.



I hope that you enjoy this newsletter.

Jason Marchant -SPARTA General Secretary



Fitness Class
Free Every Friday 12.30
Live Online or in GMH

SPORT AND WELLBEING DAY PICTURES

Sports Day Gallery

Each year SPARTA publish an official gallery of pictures from Sport and Wellbeing Day.



Our online gallery is made up of photos taken by our official photographer, Paul Weekes, who does an incredible job on the day.



We know that many of you will have also have taken some fantastic photos At Sport and Wellbeing Day that you may want to share with others.

If you have any photos that you would like us to include in our gallery please send them to me at SPARTA@df.gov.uk

[Click here to view the full Sport and Wellbeing Day gallery](#)

Check out the SPARTA website for upcoming events



SPARTA SPORT AND WELLBEING DAY

The SPARTA Sport and Wellbeing Day was another huge success, and the weather was perfect.

The SPARTA Sport and Wellbeing Day 2024 took place on 2nd August 2024. Teams & participants from across DfT & MHCLG & locations across the country descended on the Kings House School Sports Ground in Chiswick for a day of teambuilding, wellbeing & most importantly fun.



The day was blessed with the perfect weather for sporting events. Plenty of sunshine but not too hot to make it unbearable.

We once again had the Caribbean Melody Steel Band providing summery music all day. This was their farewell performance as they were retiring from the music scene following the performance. We wish them all the best in their retirement.



Above; Makan Marauders from the DfT Birmingham Office celebrate winning the cricket. They named their team after their favourite

fast-food shop in Birmingham, Makan.



We couldn't have held the day without the help of our brilliant volunteers, along with the staff of KHS and Sports Society who did so much to help the day run smoothly. We thank everyone for the help. We would also like to send a huge thank you to CSSC.



Our biggest thank you goes out to all those that attended along with their friends & families who made the day such a huge success. We have received feedback saying that you were by far the best behaved of all of the Sports Day's held at the KHS Sports Ground. We hope that you all had a fantastic day and left with some great memories. Roll on the 2025 SPARTA Sport and Wellbeing Day.

Details of all the results can be found on our website along with a gallery of photos of the day.

UPCOMING SPARTA CLUB FIXTURES/EVENTS

September

4th – Superstars Cricket club v SMCC Midweek XI @ Forest Hill – 1pm

10th – SPARTA History Society Talk – The Eastern Front in the First World War – Professor Nick Lloyd 1pm

11th – SPARTA History Society Walk – Transatlantic Slave Trade Walk – Tower Hill, London – Chris O'Donnell

16th – SPARTA Golf Society – Autumn Meeting – West Byfleet Golf Club

October

1st – SPARTA History Society Talk – The Palace Hampton Court – Dr Gareth Russell

9th – SPARTA Golf Society – Hastings Challenge Meeting – Royal Ashdown Golf Club

Keep up to date with the SPARTA website.

<https://www.spartarecreation.co.uk/>

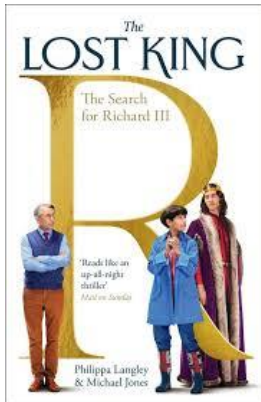


SPARTA HISTORY SOCIETY

Have you joined a SPARTA History Society event? If not, you are missing out on some fascinating events.

The SPARTA History Society is one of our most popular clubs, with upwards of 80 people attending each of their events.

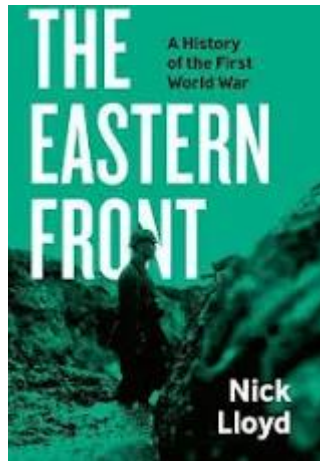
On Wednesday 3rd July Dr Micheal Jones gave an excellent talk on Richard III - hero or villain?



Dr Michael Jones co-authored the book on the discovery of Richard's remains, *The King's Grave* which became basis for the film 'The Lost King'.

Nick Jesson gave an excellent talk on Tuesday 13th August about "The history of the Inca Empire (Tawantinsuyu), the arrival of the Spanish and their conquests in South America" along with recounting his travels to visit the remote ruins of the last Inca Emperors in the Vilcabamba region of Peru.

You may have missed these superb talks, but some are available as recordings and there are still some fantastic talks coming up in the next couple of months.

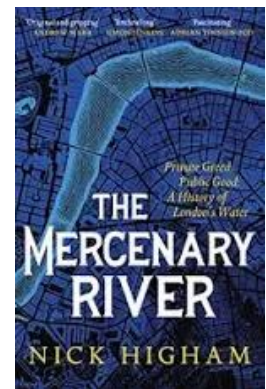


On **10th September** Professor Nick Lloyd will tell the story of what Winston Churchill once called the 'unknown war': the vast conflict in Eastern Europe and the Balkans that brought about the collapse of three empires.

Much has been written about the fighting in France and Belgium, yet the Eastern Front was no less bloody. Between 1914 and 1917, huge numbers of people - perhaps as many as 16 million soldiers and two million civilians - were killed, wounded or maimed in enormous battles that sometimes ranged across a front of 100 km in length.



Then on **1st October** Dr Gareth Russell will be giving us an insight into Hampton Court Palace and its incredible history.



And on **28th November** Nick Higham will be giving us a history talk on London's water.

Check out all the History Society has on offer on our website.



YOUR DEPARTMENTAL BENEFITS SCHEMES

Do you know your Departmental Benefit Schemes? Here is an overview from the DfT and MHCLG Employee Benefits teams.

I am really pleased that DfT and MHCLG Employee Benefits teams have been in contact to bring you a special segment in this version of the SPARTA newsletter.

The Employee Benefits Teams in DfT and MHCLG work hard to arrange health and physical wellbeing benefits for you. Both departments have plenty of offers that may interest you.

There is something for everyone, so definitely make the best use of these perks to ensure a healthy and balanced lifestyle! Follow the links for your department below to learn more.



- Both departments offer a Cycle to Work scheme, which presents several benefits including tax-free bikes, cut carbon emissions, and get fitter and healthier through an active commute. You can spend up to [£3,000 in MHCLG](#) and [£4,000 in DfT](#).



- Both also offer options for eye tests and glasses. We'll reimburse you for the cost of your eye test and a pair of basic glasses if they're needed for your work (please check your department's policies for details as [MHCLG](#) and [DfT](#) have slightly different terms).
- In both departments, one of our most popular benefits is the employee discounts scheme. [MHCLG colleagues](#) and [DfT colleagues](#) can access discounts on a range of health and wellness purchases, including health insurance and sportswear and kit retailers like decathlon (7%), JD sports (10%) and adidas (11%).

Colleagues can also access Employee Assistance Programmes:

- [MHCLG's Wisdom App](#) is a free health and wellbeing app, which includes health webinars, counselling, meditation, workout and yoga videos as well as a step, water and food tracker

- [DfT's newly launched PAM wellness offer](#) includes free advice and counselling on a range of problems that can affect your home life, work life and general wellbeing



- In addition to the above, DfT offer [health screenings](#) to all colleagues every two years, increasing to annually for those ages 50+.

Making the most of these offers can ensure you have a balanced lifestyle and can improve all aspects of your health, from mental to physical. Not only are these employee benefits increasing your quality of health, but they also allow you to save your own money!



CSSC ACTIVE WELLBEING AUTUMN

The CSSC has another great challenge starting in September

This Autumn the Civil Service Sports Council (CSSC) are running another of their active wellbeing challenges.



You may be wondering what active wellbeing is all about? During the week there is a simple goal for you to complete. If you get a whole team together you can work together to complete the challenge.

The whole idea being that when the event finishes you and your team between you will have covered enough distance to get from London to Paris.

You can track your progress using the CSSC Active Wellbeing platform throughout the challenge and see how your team is faring against the other teams that have entered the tournament.

The best thing about the event is that you can do it in any number of ways. You can Swim, Cycle, Run or Walk so everyone can join in.

Each different mode is calibrated so that one type of activity doesn't have an advantage over another e.g. swimming a mile counts as more

than walking a mile etc.

It's great challenge to get your team involved in this autumn.

Brought to you by
CSSC

Active Wellbeing Autumn

Register today,
for our weeklong challenge
23 - 29 September

Run Walk Cycle Swim

through Active Wellbeing Autumn with CSSC

Removing barriers and building confidence for a healthier you.

Also, if you join this CSSC event then there is chance of winning prizes as a team and individual so it's worth entering.

Get your friends and colleagues together today and enter a team using the QR code below and don't forget to include SPARTA in your team's name.



WANT TO START A CLUB OR MAYBE HELP AT A CLUB?

SPARTA are always looking to build on our portfolio of clubs. If you want to start a club or are already running one and want SPARTA's help, then please get in contact.

Want to help at a current club? Then please get in contact with us:

SPARTA@dft.gov.uk

Details of current club contacts can be found on the SPARTA website

www.spartarecreation.co.uk/



THE SPARTA CLUBS


SPARTA supports a number of clubs and associations across the UK and is always looking to start new clubs. Here is just a taster of the current clubs

SPARTA TABLE
TENNIS CLUB 

www.spartarecreation.co.uk

SPARTA 
GOLF SOCIETY

www.spartagolf.co.uk/

YOGA CLASSES 

www.spartarecreation.co.uk/yoga

SUPERSTARS 
CRICKET CLUB

www.superstarscricket.org.uk

NETBALL CLUB

www.spartarecreation.co.uk/netball

BOARD 

www.spartarecreation.co.uk

CIVIL 
SERVICE CHOIR


www.civilservicechoir.org.uk

HISTORY SOCIETY 

www.spartarecreation.co.uk/history-society

FITNESS CLASSES 

www.spartarecreation.co.uk/fitness-class

TENNIS CLUB 

www.spartarecreation.co.uk/tennis

TENPIN BOWLING 

www.spartarecreation.co.uk/tenpin-bowling

NEW
RUNNING CLUBS 

www.spartarecreation.co.uk/running

Check out all the SPARTA clubs on our website

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www.spartarecreation.co.uk

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