

SPARTA Newsletter



July/August 2023

SPORTS DAY SPECIAL

Welcome to the Newsletter for July and August 2023.

Well, if you weren't at Sport and Wellbeing Day then where were you? You missed a brilliant day.

In this issue of the newsletter, we are going to share some of our memories of the day with you.



We will be sharing many of the excellent photos taken by Paul Weekes such as this one that includes the new netball trophy (The Rose D'Costa Memorial Shield) which was won by Down for Trouble 1.



Paul also managed to capture some of the events that you may

not of realised were taking place such as the table tennis, which took place upstairs in the clubhouse for the first time.

We would love to hear your feedback on this or any other aspects of Sports Day, so please do get in touch with us at SPARTA@dft.gov.uk.

Check out the latest production from the St James's & Westminster Players in the blue box next to this. Make some time as it is well worth a trip.

In our last newsletter we showed this picture of the SPARTA tennis team.



Only two players were identified. They were; second from the left, Peter Elwood and second from the right, Lionel Hoskins

Check out another Blast from the past later in this newsletter.

Jason Marchant
SPARTA General Secretary

SPARTA Fitness Class
Free Every Friday 12.30
Live Online or in GMH

ST JAMES'S & WESTMINSTER PLAYERS PRESENT



A sparkling, sharp-witted comedy from writer Tim Firth (Calendar Girls, Kinky Boots, The Band)

16th - 18th August 2023
Network Theatre, Waterloo,
London, SE1 8SJ

Don't miss out on the St James's & Westminster Players superb latest production.

For full details and ticket booking click the link below:

[FULL DETAILS LINK](#)

Check out the SPARTA website for upcoming events



SPORT & WELLBEING DAY 2023

SPARTA's main event is a huge hit

An enormous amount of effort goes into preparing Sport and Wellbeing Day. On the right-hand side of this page, we thank many of the volunteers who gave up their time to help make the day so special.

Of course, the day wouldn't be so special without all those that attended.



We thank you all for entering into the spirit of the day and joining in the many activities that we had lined up for you on the day.



Our photographer, Paul Weekes, captured many of the moments of the day for you all to enjoy.

The full set of photos is available for all to view on our website.

It was great to have the Caribbean Melody Steel Band

once again playing for us all day. I think that helped to build the atmosphere for everyone and they do so enjoy meeting you all.



Money from the gate receipts will be split between our two main charities, the Charity for Civil Servants and the British Heart Foundation who also attended. I hope that you got meet them.

We couldn't have held the day without the sponsorship of CSSC and the help of Sports Society.

We thank them both for their support.



One of the highlights of the day was in the CSSC tent where they had smoothie making bikes. Pedal fast, make a smoothie. It was certainly fun to watch and tasty afterwards.

UPCOMING SPARTA CLUB FIXTURES/EVENTS

August

9th – Superstars Cricket Club v Marauders – 6.00pm – Chiswick

16th – 18th - St James and Westminster Players - Network Theatre, Waterloo

16th – SPARTA Golf Society – Social Game Meeting – Hever Castle Golf Club

24th – Superstars Cricket Club v Dodgers - 2pm – Chiswick

31st – Superstars Cricket Club v Bank of England - 2pm – Oberon Fields

September

14th – History Society Event - Black Victorians Hidden in History - John Woolf - 1pm

26th – History Society Event - The Ottoman Empire - Prof Marc David Baer – 1pm

Keep up to date with the SPARTA website.

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

SPORT AND WELLBEING DAY 2023

SPARTA Sport and Wellbeing Day Run, Jump, and Throw

Sport and Wellbeing Day has traditionally always held a full athletics program.

This year was no exception. We had a good turn out across the track and field events.

The full results of the athletics events are available on our website.



Also, there are always lots of fun events taking place such as the sack race, pictured below, and the always interesting Wanging the Wellie.



There are so many different techniques for throwing a wellie and they all just about work.

How did you throw yours and how far?

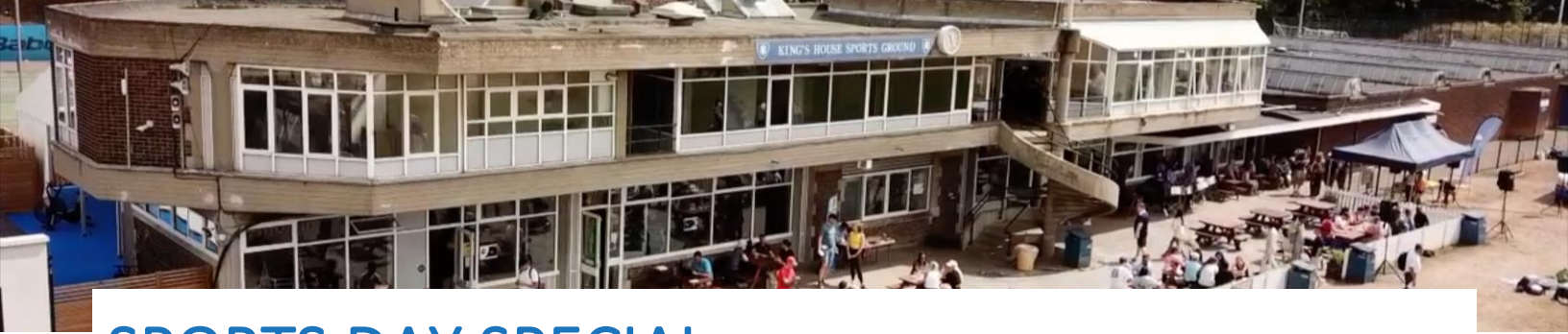


VOLUNTEERS MAKE THE DAY

Sport and Wellbeing Day was a huge success due to the wonderful help and hard work of all the brilliant volunteers.

Amanda John, Beverly Bramwell, Carl Lawton, Coreen Beckford, Darren Cooper, David Gott, David Misell, David Stowe, Doug Hyam, Emily Kenning, Felicity Drown, Gareth May, Gordon Manning, John Hall, Judith Skipper, Kevin Murphy, Lauren D'Costa, Malcolm French, Mark Leigh, Martin Coughlan, Matthew Eglinton, Max D'Costa, Michael Oliver, Nick Joyce, Pam Hurlock, Paul Jones, Paul Shepperson, Paul Weekes, Peter D'Costa, Rob Bush, Rod Paterson, Roger Fitzgerald, Sharon Gurley, Silvester Aina, Steve Hattrill, Steve Norris, Sue Johnson, Val Fitzpatrick

A HUGE thank you goes to all these and anyone else who helped on the day who isn't listed here.



SPORTS DAY SPECIAL

SPARTA bringing people together

One of the best things about Sport and Wellbeing Day is that it gives the staff from across the Departments to come together, meet each other in a healthy environment.



WELLBEING

It is the only wellbeing event that I know of that everyone leaves smiling and talks about for weeks afterwards.

You can also bet that people will start making plans for next year's Sport and Wellbeing Day when we announce the date.



There is nothing else like it in our packed calendars.

Can you think of another Departmental event that inspires that sort of response?

Although we have many sports taking place on the day like cricket, the day is all about the people.



All of you coming together for this shared experience. Try some new team sport or just enjoying the whole day.

It gels everyone together and makes you feel part of something bigger than just your day job. You are part of the whole Departmental Team.



It is truly a wellbeing day like no other. A great cross Government event fueling communication, teamwork and leaving you with great memories to cheer your souls.

SPARTA Sport and Wellbeing Day is, in the words of the late Tina Turner, **Simply the Best.**

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/





BLAST FROM THE PAST 4

The SPARTA archives are still open but who is in them?

In SPARTA's last Blast from the Past feature we give some photos from the SAL Cup football match of 19 September 2003.

What was the SAL Cup? Who are these footballers wearing the SPARTA colours?



DO YOU WANT SPARTA TO HAVE A FOOTBALL CLUB?

If so, get in touch and we will help you get the club up and running.

SPARTA@dft.gov.uk



The match looks like it is taking place at what is now the Kings House Sports Ground. Which is where Sports Day took place.

Know anyone? Send, your answers to us here at SPARTA@dft.gov.uk



Follow us on Twitter https://twitter.com/SPARTA_REC Facebook www.facebook.com/sparta.recreation.16 and Instagram www.instagram.com/spartarecreation



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

SOFTBALL CLUB 

www.spartarecreation.co.uk/softball

BOARD GAMES CLUB

www.spartarecreation.co.uk/board-games



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



Check out all the SPARTA clubs on our website

SPARTA
SPARTA@dft.gov.uk

Phone **07884 390878**
www.spartarecreation.co.uk

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