

February 2023

SPARTA Newsletter



New Year, New You
SPARTA Fitness Class
Free Every Friday 12.30
Live Online or in GMH

FABULOUS FEBRUARY

Welcome to February 2023 Newsletter.

This month we cover a number of activities that are coming up this year that you will no doubt look forward to during 2023.

We are really pleased to announce that the date for the SPARTA Sport and Wellbeing Day for 2023 has now been set.

Sport and Wellbeing Day will take place on **21st July 2023** at the Kings House School Sports Ground, Chiswick.



Reserve the date in your diary now as we are planning another fantastic all staff event.

Also in the newsletter you will find

details of upcoming History Society and Golf Society events.

As always both clubs have lined up some great events for this year. I am really looking forward to attending some of them this year



We are also pleased to announce that we have managed to team up with another gym to give you more access to the facilities you deserve. You will find details later in this newsletter.

CSSC Active Wellbeing is well under way. If you have not checked out what they have on offer and ideas on how to remain fit and well during the year then check out the CSSC webpage.

Stay fit and well with SPARTA.

Jason Marchant

SPARTA General Secretary



SPARTA AGM

The **SPARTA AGM** took place on **18th January**.

The Annual General Meeting takes place every year. At the meeting the committee reviewed everything that had taken place last year.

At the AGM everyone paid tribute to Rose D'Costa, who was a SPARTA Honorary Life Member, she was a special person who we will all sadly miss.

Our biggest triumph this year was the award of an MBE for SPARTA Deputy Chair, Sue Johnson. I think we will be celebrating this for quite some time.

You will be glad to hear that the SPARTA finances are in a good position and that membership is stable and over the last year we have set up new clubs for our members.

2023 promises to a good year for SPARTA

Check out the SPARTA website for upcoming events



GOLF AND HISTORY SOCIETY DATES 2023

The SPARTA Golf and History Society have announced their provisional dates for 2023.

The SPARTA Golf and History Societies hold some great events during the year.

They have just announced the dates for this year. Here are some details



Golf Society Dates 2023

Spring: Sweetwoods GC,
Edenbridge, 19 April

President's Day: Mill Hill GC,
Barnet, 31 May

Summer Meeting: West Surrey
GC, Godalming, 22 June

Captain's Day: Verulam GC, Herts,
28 July

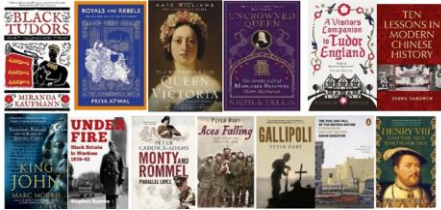
Autumn Meeting: Silvermere GC,
Cobham, 5 September

Hastings Challenge: Ifield GC,
Crawley, 16 October

The Golf Society is a great way to meet new people and enjoy a friendly game of golf in some fantastic settings.

Check out their website

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



History Society Dates

Throughout the year the History Society organises talks with some of the World's best historians.

The talks are well attended and are often hybrid talks so you can get to meet the historian in person.

Past talks have included such subjects as London's Secret Rivers, The Anglo Saxons, Modern China and Cathedrals of Steam, which was a talk about major train stations.

The subjects are always fascinating and presented by people who have dedicated their studies to these areas for many years.

Upcoming talks

8th Feb - The Restless Republic:
Britain Without a Crown – 1pm

7th March – The Georgians – 1pm

The History Society will be announcing more talks in the next couple of weeks. Keep up to date on our website

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

UPCOMING SPARTA CLUB FIXTURES/EVENTS

February

8th – SPARTA History Society Talk – The Restless Republic: Britain Without a Crown – 1:00pm – LG5 GMH and online

8th – SPARTA Board Games Club – 5.00pm – LG5

22nd – SPARTA Board Games Club – 5.00pm – LG9

March

7th - SPARTA History Society Talk – The Georgians – 1:00pm – LG5 GMH and online

Keep up to date with the SPARTA website.

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





SPORTS DAY, NEW GYM & ACTIVE WELLBEING

Details about SPARTA Sport and Wellbeing Day and CSSC Active Wellbeing

SPARTA is really pleased to announce that Sport and Wellbeing Day will take place on **21st July 2023** at the Kings House School Sports Ground, Chiswick.



We are really looking forward to putting on the day that you deserve, that includes all of the sports and activities that you are used to enjoying at the best event of the year.



This year the event will be part of a CSSC package put together to bring all the Departmental Sports Days back to their home in Chiswick.

If you are interested in volunteering at Sports Day then please do get in touch we can always use an extra pair of hands to help make the day a special day for everyone.

We are pleased to announce that we have negotiated access to the Dimensions gym which is run by civil servants for civil servants. Unlimited membership is just **£5 PER MONTH**. (£35 for 6 months/ £60 for 12 months)



They offer industry leading fitness equipment along with links to running fitness classes in the studio next door and are located in Nobel House, Smith Square, London SW1P 3HX



CSSC Active Wellbeing 2023

CSSC Active Wellbeing is already well under way. If you haven't checked out what CSSC has on offer, then take a look at their website

<https://activewellbeing.me.uk/aw23-events/>

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

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

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