

# SPARTA Newsletter

April 2022



SPARTA Fitness Class  
Every Friday 12.30  
Live Online or in GMH  
It's FREE

## ENTER AND KEEP UP

Welcome to the April edition of the SPARTA Newsletter.

Spring is finally here, my cherry tree being in full bloom is a dead giveaway, and sports across the country are beginning to start their fixtures and so are the SPARTA clubs and we have **BIG NEWS**.

Yes, we have BIG NEWS.

**Entries for Sport and Wellbeing Day are now open.** You can now enter all the team and individual events.

Full details are now on our website at the address below and will be updated regularly between now and Sport and Wellbeing Day.

<https://www.spartarecreation.co.uk/sports-day>

April also sees both the first SPARTA Golf Society event, the Spring Meeting at Cottesmore Golf Club on 25<sup>th</sup> April, and the first Superstars Cricket Club fixture on 24<sup>th</sup> April at Dulwich.

I hope that many of you will attend these events to either take part or just support the clubs.

April also sees the next in our SPARTA 50 Challenge Events. It's the 50 Keep Ups challenge. Can you keep up a football 50 times? It's something that I haven't tried to do for years so I am looking forward to trying to complete the challenge.

Details can be found later in this newsletter.

I had a really good response about access to the Active Space gym in 2 Marsham Street. If you would like access and missed last month's article, then please do get in contact and I will pass on details to you.

The History Society has just released details of their Spring and Summer Programme of events.

With club activity beginning to return to normal, we hope to begin to see many of you at the upcoming events.

Sign up to as much as you can in 2022. It's going to be a great year.



## CIVIL SERVICE 10K & 5K RACE

**18th May in Battersea Park, London.**

SPARTA will be entering a team for the Civil Service Athletics Association 10km Championships and 5km Fun Run.

It would be great to get as many of you as possible to get round the course at whatever pace you can manage.

If you do decide to enter then please get in contact with us.

SPARTA will:

- Arrange your entry
- Pay for your entry
- Pay any excess T&S costs

All you have to do is turn up and run.

If you are interested in running either event please do get in contact with me at [SPARTA@dft.gov.uk](mailto:SPARTA@dft.gov.uk)

**Check out the SPARTA website for upcoming events**



# SPARTA 50 CHALLENGE

*Can you do 50 Keep Ups in our latest challenge?*



According to Wikipedia, Keepie uppie, keep-ups or kick-ups is the skill of juggling with an association football using feet, lower legs, knees, chest, shoulders, and head, without allowing the ball to hit the ground.



I remember doing these for hours in my back garden with my brother. It certainly kept us out of trouble.

Our SPARTA 50 challenge for April is to do 50 Keep Ups.

For you keen footballers this should be a doddle. For me this is going to be a real challenge.

I will drag out my footie boots and dust them off and then begin the search for my football. I am not sure if it's in the back of the shed or whether I need to

make a trip to Sports Direct to buy a new one.

I am told that the new footballs are so much easier to control than the ones I used to use when I was a child.

It's been a long time since I tried to do keep ups so it will be interesting to see how I get on this time.

Feel free to get your whole family involved. If you want to try to do it with a partner alternating keep ups, then please do.

If you feel like videoing the challenge, then it would be great to see a few videos of you attempting the challenge. You can share them with us on Facebook or Twitter.

Once you have completed the challenge drop us an email at [SPARTA@dft.gov.uk](mailto:SPARTA@dft.gov.uk)

I look forward to hearing how you all get on with the latest in our SPARTA 50 Challenges.

Keep an eye out for more challenges later this year.

## UPCOMING SPARTA CLUB FIXTURES/EVENTS

### April

20<sup>th</sup> – SPARTA History Society Talk – Secret Rivers of London - 1:00pm – Live Online & in Room LG15 GMH

24<sup>th</sup> – Superstars Cricket v St Annes Allstars – 1.00pm - Dulwich

25<sup>th</sup> – SPARTA Golf Society Spring Meeting – Cottesmore GC

Details of club contacts can be found on the SPARTA website

## WANT TO START A CLUB OR MAYBE JUST 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](mailto:SPARTA@dft.gov.uk)

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

[www.spartarecreation.co.uk/](http://www.spartarecreation.co.uk/)



# SPARTA HISTORY SOCIETY

*The SPARTA History Society announces its current Programme of talks and events.*

The ever-popular SPARTA History Society has released its Spring and Summer Programme of talks and events.

The next talk is another of their hybrid talks, with Tom Bolton giving a talk on the secret rivers of London, Live in room LG15 in Great Minster House, and online.

I remember hearing somewhere that there is a river that actually flows through a London tube station in a large black pipe.

website. As you will see from the list that the History Society has a great and varied Programme of events lined up for the rest of the year.

The Society prides itself on covering a wide range of topics and is hoping to begin arranging history visits again in the near future.

If you have any particular suggestions for topics that you would like to see included in future talks or visits, then please do get in contact with the SPARTA History Society. Their contact details are available on our website at:

<https://www.spartarecreation.co.uk/history-society>

If you do have problems reading the text in the diagram next to this then you will find it on our website at the address above, where it is published full sized.

Our website also includes details of all the other SPARTA clubs and upcoming events including news on the exciting Sport and Wellbeing Day.



## SPORT AND WELLBEING DAY 2022

22<sup>nd</sup> July 2022

### VOLUNTEERS NEEDED

SPARTA are busy putting details together for a very special Sport and Wellbeing Day this year.

Would you like to help make the day special for all those that attend the day?

We are currently looking for volunteers to help in any way that they can to make the day a success. You could be doing anything from helping to collect money at the entrance, pumping up footballs, to running a sports event for the participants.

All volunteers will receive food drink and travel for their much needed help.

If you are interested in helping, then please get in contact with us:

[SPARTA@dft.gov.uk](mailto:SPARTA@dft.gov.uk)

**SPARTA HISTORY SOCIETY 2022 VIRTUAL TALKS**

Thursday 20 April	1pm	Secret Rivers of London	Tom Bolton	Hybrid, LG15 Great Minster House
Tuesday 10 May	1pm	Why Family History Matters	Emily Brand	Virtual talk
Tuesday 7 June	1pm	The Red Prince: John of Gaunt	Helen Carr	Virtual talk
Thursday 14 July	1pm	Cathedrals of Steam	Christian Wolmar	Hybrid, LG9 Great Minster House
Tuesday 13 Sept	12:45pm	The Anglo-Saxons: A History of the Beginning of England	Marc Morris	Hybrid, room TBC
Monday 5 <sup>th</sup> Dec	1pm	In Search of Mary Seacole O&A	Helen Rappaport	Virtual talk

- All staff are welcome.
- The society is usually based in GMH but has been holding virtual and hybrid history talks using Microsoft Teams.
- Our objective is allowing colleagues to take a break from a busy workload and enjoy a lunchtime talk on a historical subject.
- Having virtual history talks have enabled us to be more inclusive. People who work part time, in different locations or who were unable to attend in person have been able to attend our talks.
- There has been a conscious decision to approach speakers to talk about a diverse range of subjects.
- The History Society has some of the very best historians attend our talks, a great many are published authors, we are very lucky that they are often able to talk to us.

Please attend one of our talks or join us or other SPARTA clubs at <https://www.spartarecreation.co.uk/> or contact Robert Baker at [Robert.baker@dft.gov.uk](mailto:Robert.baker@dft.gov.uk)

Above is the latest list of talks. This has been included on our



# 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*

**CD CLUB**   
[www.spartarecreation.co.uk/cd-club](http://www.spartarecreation.co.uk/cd-club)

**SPARTA GOLF SOCIETY**   
[www.spartagolf.co.uk/](http://www.spartagolf.co.uk/)

**YOGA CLASSES**   
[www.spartarecreation.co.uk/yoga](http://www.spartarecreation.co.uk/yoga)

**SUPERSTARS CRICKET CLUB**   
[www.superstarscricket.org.uk](http://www.superstarscricket.org.uk)

**SOFTBALL CLUB**   
[www.spartarecreation.co.uk/softball](http://www.spartarecreation.co.uk/softball)

**YOUR CLUB HERE**  
Start a club and it can be advertised right here

**CIVIL SERVICE CHOIR**   
[www.civilservicechoir.org.uk](http://www.civilservicechoir.org.uk)

**HISTORY SOCIETY**   
[www.spartarecreation.co.uk/history-society](http://www.spartarecreation.co.uk/history-society)

**FITNESS CLASSES**   
[www.spartarecreation.co.uk/fitness-class](http://www.spartarecreation.co.uk/fitness-class)

**TENNIS CLUB**   
[www.spartarecreation.co.uk/tennis](http://www.spartarecreation.co.uk/tennis)

**TENPIN BOWLING**   
[www.spartarecreation.co.uk/tenpin-bowling](http://www.spartarecreation.co.uk/tenpin-bowling)



Check out all the SPARTA clubs on our website

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