

# SPARTA Newsletter

January 2022



*Happy New Year!*

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

## HAPPY NEW YEAR

Happy New Year everyone and welcome to 2022 the year that SPARTA will be celebrating its 50<sup>th</sup> anniversary.

We are already making plans for a special Sport and Wellbeing Day in July 2022 which will be held back at Chiswick for the first time for many years. More details are on the next page.

There will be events and challenges throughout the year to celebrate SPARTA's 50<sup>th</sup> anniversary so keep your eyes peeled for the exciting upcoming events.

It was good to see so many of you attending the SPARTA AGM and the Week of Hybrid Wellbeing Activities in December. The week was very popular, especially the History Society talk about the mystery surrounding Roman Britain's missing legion IX Hispana.

We are very happy to report that at the AGM, Sue Johnson was made an Honorary Life Member. We are

so pleased to have her as an Honorary Life Member.

At the AGM we asked if you have any ideas for events or clubs that you would like to see us providing. Please do get in touch if you have any ideas. We really do value your input & wish to provide the services & events that you want.

### CSSC Active Wellbeing Week

The CSSC Active Wellbeing Week returns this month running from 17 to 21 January 2022.

Active Wellbeing offers loads of opportunities to try new health and wellbeing opportunities with practical advice, hints, tips, videos, seminars and content from experts and professionals on trying something new, eating right and how to make a change in your routine for the better. There will also be £10,000 worth of prizes and giveaways up for grabs.

Details can be found here:

<https://activewellbeing.me.uk/>

## SPARTA NEEDS YOU

**The SPARTA Deputy Chair role is currently vacant.**

Sue Johnson, our Deputy Chair has retired but is still helping us on a temporary basis until we can find a replacement.



This voluntary corporate role would look good on any CV.

If you think you know someone who would be interested or suitable for the job then please get in touch with us.

You can download the job description by clicking [here](#)



Check out the SPARTA website for upcoming events



# SPORT AND WELLBEING DAY 2022

**22<sup>nd</sup> July 2022 is the date set for a special SPARTA Sport and Wellbeing Day.**

Yes, put the date in your 2022 diary. **22<sup>nd</sup> July 2022** will see the return of the popular DfT and DLUHC Sports Day AND it will be taking place back at its spiritual home, Chiswick.

This year the event will be called the “SPARTA 50 Sport and Wellbeing Day”

The ex-Civil Service Sports Ground which is now owned and run by Kings House School will host our Sports Day for the first time in many years.

Since taking over the sports ground, Kings House have made a number of improvements including, improving the car park, installing new all-weather pitches, renovating the bar and the changing facilities (although the men’s showers which have featured in many films and TV shows are still as authentic as ever). They have even installed an onsite café.



As per previous years we intend to host all of your favourite events on the day along with adding a few new taster events.

As the event is taking place at Chiswick, it allows us more capacity to host events so we can welcome back cricket this year and plan to put on some new events.

## **Volunteers needed**

In the past we have relied on a small band of volunteers who help each year at this annual event.

To host a successful day, we do need some more volunteers to help make the day special for all those people attending.

All volunteers receive free food and drink (non-alcoholic) all day, travel expenses and some special SPARTA 50 goodies.

If you are interested in helping as a volunteer at Sports Day then please do get in touch with us at [SPARTA@dft.gov.uk](mailto:SPARTA@dft.gov.uk)

We guarantee that the day will be fun for all those attending including the volunteers.

Start getting your teams together for the Football, Cricket, Softball, Netball etc. and we will see you all on **22<sup>nd</sup> July 2022.**

## **UPCOMING SPARTA CLUB FIXTURES/EVENTS**

### **January**

**19<sup>th</sup>** – SPARTA History Society Talk – WWII and National Treasures - 1:00pm

Details of club contacts can be found on the SPARTA website [www.spartarecreation.co.uk/](http://www.spartarecreation.co.uk/)

## **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/)



# 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

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

Phone 07884 390878  
[www.spartarecreation.co.uk](http://www.spartarecreation.co.uk)