

SPARTA Newsletter

December 2021



HAPPY AGM, HAW AND HOLIDAYS

Welcome to the December edition of the SPARTA newsletter.

Yes, it's that time of the year again when the days get short and our bank balances get even shorter as we rush out to buy presents for our loved ones to celebrate the upcoming holidays.

But we are not quite at the holidays yet and there are a couple of SPARTA events taking place before we have our well-earned break.

The first is the SPARTA Annual General Meeting. This takes place on 8th December at 16.30hrs. If you haven't received an invite then please do get in touch with me at SPARTA@dft.gov.uk

The second is the SPARTA Hybrid Activity Week. This is taking place

on 13th to the 17th December. Every lunchtime during that week we will be holding an event to help with your wellbeing and for your enjoyment.

More details are available on the next page and on our website at www.spartarecreation.co.uk

We are currently busy planning lots of special events for 2022 to celebrate our 50th anniversary. If you have any ideas for events or clubs that you would like to see us providing for you then please do get in touch.

We really do value your input and wish to provide the services and events that you want us to provide.

All of the SPARTA team wish you a very happy holiday period and look forward to seeing you all in the New Year



SPARTA NEEDS YOU

The SPARTA Deputy Chair is retiring.

Sue Johnson, our Deputy Chair retires on the 17th December.



We will really miss Sue and thank her for all of the incredible work that she has done for us during her time with the Yoga club and as SPARTA Deputy Chair.

It will be very hard to replace her. If you think you know someone who would be suitable then please get in touch with us.

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

Check out the SPARTA website for upcoming events



HYBRID ACTIVITY WELLBEING WEEK

SPARTA Hybrid Activity Wellbeing Week takes place on 13th to 17th December with lunchtime events every day that week.

It's the week that you have been waiting all year to enjoy. A week where every lunchtime is a different adventure.

On the Monday lunchtime you can join Annette Henley for a relaxing mindfulness class. When we practice mindfulness, we concentrate on the current, on exactly what we are sensing at that precise moment.

Tuesday the History Society will be holding another of their popular lectures. This lecture is on the mystery of Roman Britain's missing legion IX Hispana. What happened to this legion to have them wiped from the Roman records?

Wednesday Sue Johnson will be doing another of her very popular "Yoga at your desk" classes. A class teaching you how you can do exercises to help your posture and body while working at home or in the office without even leaving your desk or chair.

Thursday the Civil Service Choir will be visiting both the GMH Canteen and 2MS atrium to perform a short 20-minute session live for everyone that's around.

Friday, Jason Marchant will be running another of the Friday fitness classes live in Room LG1 GMH. A class to really get your

heart pumping to finish the week and get you ready for the excesses of Christmas.

Why not join us every lunchtime during the week? [Click here to book tickets](#)

LUNCHTIME EVENTS

SPARTA
Invites you to Come Together for
A WEEK OF HYBRID WELLBEING ACTIVITIES
13th – 17th December 2021
LIVE in GMH and 2MS and online via TEAMS

Monday	Tuesday	Wednesday	Thursday	Friday
Wellbeing Class	History Society Event	Yoga Class At Your Desk	CS Choir Event	Fitness Class
Improve your mental wellbeing with this free mindfulness class	The History Society present, Roman Britain's Missing Legion - Dr Simon Elliott	Yoga Teacher, Sue Johnson shows you how to do yoga at your desk	The CS Choir will be giving a free lunchtime performance	Join Coach, Jason Marchant, for a good workout before the holidays
Live Online at your desk 200-415-1121	Live in Room 1 LG1 GMH 200-415-1121	Live Online at your desk 200-415-1121	Canteen & 2MS Atrium 200-415-1121	Live in Room 1 LG1 GMH 200-415-1121

Check out all the events on the SPARTA website
www.spartarecreation.co.uk

JOIN ONLINE OR IN PERSON

SPARTA, Your Sports and Recreation Association

All of these events are being held in a hybrid format so you can either attend in person in 2 Marsham Street or in Great Minster House or if you are not in either office you can attend online.

We know that you will enjoy all of the events that we have arranged for you so why not plan a whole week of lunchtime breaks designed to make you feel good about yourself?

Happy Holidays everyone, SPARTA

UPCOMING SPARTA CLUB FIXTURES/EVENTS

December

8th – SPARTA Annual General Meeting - 4:30pm

13th – 17th – SPARTA Week of Hybrid Wellbeing Activities

Details of club contacts can be found on the SPARTA website 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

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

CD CLUB 

www.spartarecreation.co.uk/cd-club

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

YOUR CLUB HERE

Start a club and it can be advertised right here

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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