

### 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 8<sup>th</sup> December at 16.3ohrs. 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 13<sup>th</sup> to the 17<sup>th</sup> 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 <a href="https://www.spartarecreation.co.uk">www.spartarecreation.co.uk</a>

We are currently busy planning lots of special events for 2022 to celebrate our 50<sup>th</sup> 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.

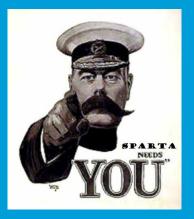
All of the SPARTA team wish you a very happy holiday period and look forward to seeing you all in the New Year



### SPARTA NEEDS YOU

The SPARTA Deputy Chair is retiring.

Sue Johnson, our Deputy Chair retires on the 17<sup>th</sup> 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







# HYBRID ACTIVITY WELLBEING WEEK

SPARTA Hybrid Activity Wellbeing Week takes place on 13<sup>th</sup> to 17<sup>th</sup> 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? <u>Click here to</u> book tickets



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**

**8**<sup>th</sup> – SPARTA Annual General Meeting - 4:30pm

13<sup>th</sup> – 17<sup>th</sup> – SPARTA Week of Hybrid Wellbeing Activities

Details of club contacts can be found on the SPARTA website <a href="https://www.spartarecreation.co.uk/">www.spartarecreation.co.uk/</a>

#### 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: <a href="mailto:SPARTA@dft.gov.uk">SPARTA@dft.gov.uk</a>

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

www.spartarecreation.co.uk/

Follow us on Twitter <a href="https://twitter.com/SPARTA\_REC">https://twitter.com/SPARTA\_REC</a> Facebook <a href="https://twitter.com/sparta.recreation.16">www.facebook.com/sparta.recreation.16</a> and Instagram <a href="https://www.instagram.com/spartarecreation">www.instagram.com/spartarecreation</a>







### 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

























#### Check out all the SPARTA clubs on our website

**SPARTA** SPARTA@dft.gov.uk

Phone 07884 390878 www.spartarecreation.co.uk