

SPARTA Newsletter

Christmas 2023

SAVE THE DATE

SPORT AND WELLBEING DAY – 2 AUGUST 2024

MERRY SPARTA CHRISTMAS

Welcome to the Christmas edition of the SPARTA Newsletter.

It's that time of the year again when mince pies suddenly appear everywhere, and Walkers produce a limited edition Christmas Pudding flavour packet of crisps (yes it is a thing).

It is also the time that a lot of the SPARTA clubs are busy trying to recruit new members for next year at our "Meet the Clubs at Christmas" events in GMH and 2MS.

The first of these took place on 7th December in GMH and the second on 14th December in 2MS. We were really pleased that the CS Choir, who are sponsored by SPARTA, attended and sung at both events.

The Civil Service Choir is very busy at this time of the year. On 19th November the choir held a very successful concert involving Choral Jazz at St John's Smith Square. They now move on to do two Carol Services this month. The first on 14th December in the Emmanuel Centre, and the second on 19th December at St Stephen's Rochester Row.

If you have not seen the choir in action this year then this is your last chance before 2024, so put it in your diary now.

We also had the AGM on 13th December. A short report is included in this newsletter.

The History Society has been very busy too holding two fantastic talks this month. On 7th December there was a talk by Katya Hoyer on life behind the Iron Curtain in East Germany and on 12th December there was a fascinating talk on "The Women behind the few" by Dr Sarah Louise Miller.

EXCITING NEWS – We are planning to run a course of Personal Defense/Martial Arts Classes starting in mid-January. If you are interested for more details see later in this newsletter.

I, for one, am looking forward to all the great events that are planned for next year by our brilliant clubs and hope to attend a lot more of them.

Happy Holidays Everyone.

SPARTA Fitness Class
Every Friday 12.30
Live Online or in LG1, GMH
It's FREE


CIVIL SERVICE CHOIR

The Civil Service Choir are holding two carol concerts this December.

On 14th December they performed at the Emmanuel Centre in conjunction with the Salvation Army Band

On 19th December they are performing at St Stephen's Rochester Row.

Book your tickets now for these incredible events put on by one of SPARTAs brilliant clubs.



Civil Service Choir
Directed by Stephen Hall, OBE

Christians in Government

Christmas 2023
Carol Services in Westminster
in person and online

Whitehall Carol Service
Thu 14 Dec, 5:15pm, Emmanuel Centre
Organised by Christians in Government, featuring the Civil Service Choir and Salvation Army Band, charity collection for Great Orbits Outreach.

Civil Service Choir Carol Service
Tue 19 Dec, 1pm, St Stephen's Rochester Row
Lunchtime service with charity collection for the Cardinal Hume Centre, Charity for Civil Servants and St Stephen's.

Cardinal Hume Centre
Each Person Matters

CHARITY FOR CIVIL SERVANTS

Civil Service Choir @CSChoir civilservicechoir.org.uk

Check out the SPARTA website for upcoming events



Get ready for CSSC Active Wellbeing 2024

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

MEET THE SPARTA CLUBS AT CHRISTMAS

7th and 14th December SPARTA Events

SPARTA were very pleased to hold two “Meet the SPARTA Clubs at Christmas” events in December. The first in Great Minster House on 7th December and the second on 14th December in the Atrium Café in the Fry Building, 2 Marsham Street.



As a special treat we had arranged for the Civil Service Choir to perform at both events.



It was great to have the clubs in attendance trying to recruit new members.

Lots of people were interested to meet the new Martial Arts teacher, Nick Martin, who attended both events.



I thank all the clubs for helping at the events. I know all those attending enjoyed hearing the choir sing for them and meeting all the clubs. I look forward to the many new members enjoying SPARTAs events in 2024.



I hope that many of you were able to pop along and meet the clubs at one of the two events.

FUTURE CLUBS

One of the great outcomes from the “Meet the Clubs” events is that people come up with ideas for new clubs. Last year we were able to help people set up two of the clubs that were suggested, the **Board Games Club** and the **Netball club**.

It would be great if this year we were able to set up some of the other clubs that people have suggested. Here are a few of their suggestions:

Football
Theatre Trips
Hockey
Volleyball

If you are interested in setting up any new clubs, then please get in touch with us.





WEEKLY CLASSES IN 2024

Check out some of SPARTA's Weekly Classes for 2024

SPARTA is always trying to provide opportunities for you to enjoy during the year. Here is a taste of them.

For 2024 we have even managed to procure the services of a new martial arts teacher, Nick Martin.

TUESDAY 12.30 - 13.30 - YOGA

SPARTA is continuing the Yoga classes in 2024.

The classes are for all levels from beginners to experts and take place every Tuesday Lunchtime at 12.30 in Room LG1, Great Minster House, 76 Marsham Street. They are open to all staff and the cost is £5 per class.

The classes are also streamed online via Teams.

TUESDAY 17.00 - 18.00 - PERSONAL SAFETY/MARTIAL ARTS CLASSES

In January, we will be running weekly classes in Personal Safety and Kung Fu.

The classes will run over an 8-week period. If successful, we hope to run some more classes during the rest of the year.

Contact us for more information on the revival of the Martial Arts Classes.

More information on Nick Martin and Wing Chun Kung Fu can be found here:

<https://www.ukwingchun.com/>

WEDNESDAY 12 - 14.00 - OPEN TABLE TENNIS SESSIONS

Every Wednesday lunchtime SPARTA gets our two table tennis tables out for everyone to enjoy.

Come along to the GMH basement, between 12 and 2, bring your friends and your lunch, and enjoy a social game of table tennis.

FRIDAY 12.30 - 13.30 - FITNESS CLASS

Every Friday lunchtime starting at 12.30, SPARTA hold a fitness class.

The class involves a warm up followed by stretching then a 30 minute bodyweight circuit.

The class is people of all levels of fitness and is totally free of charge.

If you can't attend in person, why not join online via teams.

For more details on all our weekly classes contact us at

SPARTA@dft.gov.uk or check our website at

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



CHRISTMAS CRISPS

Yes, I know you didn't believe me when I said that Walkers were doing Christmas Pudding flavour crisps.

Well, here is the proof.



Have you come across any strange Christmas related foods this year? Should SPARTA have a restaurant / food critic club and would you join? Mail me at:

SPARTA@dft.gov.uk



The SPARTA Annual General Meeting took place on 13th December. Here is a short summary

The SPARTA Annual General Meeting took place on 13th December 2023 at 4.30pm in Room 3.15, Great Minster House.

The meeting was very well attended with nearly all the current clubs being represented and the actual room was full, and all the seats taken.



The AGM had the usual items on the agenda. There were a few apologies for absence noted and the minutes of the previous AGM were agreed without any changes.

Our Chairman, Rod Paterson, gave a good summary of the year's activities and thanked everyone for their hard work in keeping SPARTA and the clubs going.

The annual report was agreed and is now available on the SPARTA website.

The current Executive Committee was reelected to represent you. It was also agreed that we would continue with dual Presidents following a request by the Permanent Secretaries.

We discussed how to continue to raise SPARTA's profile, advertise our activities and that we welcome any ideas.

We are also keen for our clubs and societies to really promote what they do and to create new opportunities.

We want to make SPARTA even more attractive for our members so always keen to hear any thoughts.

The big change this year was the adoption of a new version of the Constitution. The new version modernises the wording throughout, changes a few management practices and makes it easier to set up and run SPARTA clubs.

The new Constitution was voted in unopposed. This is very exciting as it really helps SPARTA to move forward and offer you the services and opportunities that you want. The new Constitution is now available on the SPARTA website.

The AGM concluded with any other business which included a request that we offer direct debits for retired members. This is something that we are looking to implement.

Keep an eye on the newsletter for news about the SPARTA logo.

UPCOMING SPARTA CLUB FIXTURES/EVENTS

January

9th – SPARTA History Society Talk – Henry III and Westminster Abbey, Professor David Carpenter - 1pm Hybrid talk from Great Minster House room 2.15

24th – SPARTA History Society Talk –The Persians: The Age of The Great Kings, Professor Lloyd Llewellyn-Jones, 1pm Online Talk

Keep up to date by checking the SPARTA website

Details of club contacts can also 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

NETBALL CLUB
www.spartarecreation.co.uk/netball

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

Follow us on Twitter https://twitter.com/SPARTA_REC Facebook www.facebook.com/sparta.recreation.16 and Instagram www.instagram.com/spartarecreation