

SPARTA Newsletter

February/March 2024

SPRING INTO ACTION



Welcome to February/March 2024 Newsletter.

In this newsletter we look at some of the activities that are available during 2024. I am sure you will be excited to attend many of these.

We also have an article on Jack Millar the current Civil Service cross country and 10km champion.

But first **BIG NEWS** Sport and Wellbeing Day will take place slightly later this year on **2nd August 2024** at the Kings House School Sports Ground, Chiswick.



Reserve the date in your diary now as we are planning another fantastic all staff event.

Also in the newsletter you will find details of upcoming History Society and Golf Society events. As always both clubs have lined up some great events for this year.

Tuesday is a busy day for SPARTA. We have Yoga class at lunchtime and the Personal Safety class in the evening.

Despite there being a lot of interest with the Yoga sessions we have been a little disappointed by attendance so far so are really keen to get more people involved. Come along and enjoy our fabulous Tuesday Yoga sessions.

PERSONAL SAFETY And Martial Arts Classes

The SPARTA Personal Safety course is now well underway. If you are still interested in attending we can offer the remaining classes at a discounted rate. If there is enough interest then we hope to carry on the classes throughout the year. Get in touch with me for more details.

One of our main charities the Charity for Civil Servants has a number of talks coming up in the next few weeks. Why not join them and find out more about the charities work.

Jason Marchant -SPARTA General Secretary

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

SPARTA AGM

The SPARTA AGM took place on 13th December 23.

One big change that took place at the AGM was the voting in of an updated version of the SPARTA Constitution.

The New Constitution will allow us to be more flexible and work in modern manner. You can view it on our webpage.

TABLE TENNIS



Pop down to our open Table Tennis sessions in GMH. They take place **every Wednesday between 12 and 2** and are great way to meet new people and have some fun in the workplace. **All are welcome**

Check out the SPARTA website for upcoming events



JACK MILLAR CIVIL SERVICE CHAMPION

Meet SPARTA's Jack Millar Civil Service 10km and Cross Country Champion

I recently attended the British Cross Challenge race at Parliament Hill Fields which was also one of the trial races for the World Cross Country Championships.

You may have never been to Parliament Hill Fields, but it has featured in so many films such as Bridget Jones 2, and TV series like Spooks that you will have seen it at some point. It is also only one 88 bus ride away from the DfT and DLUHC HQ buildings.



Jack Millar leads the Civil Service 10km Championships.

The Senior Men's race was the highlight of the days action with many of the best cross country runners from across the UK competing for one automatic place the Great Britain team at the World Cross Country Championships.

It is always good to spot someone you know in the race and it is even

better if they are near the front of the race, so I was really pleased to see our own Jack Millar right near the front challenging during the race.



Jack (522) leads Tomer Terrango (531) at Parliament Hill

In a really close race Jack finished 7th only 3 seconds away from 5th place. An impressive result which has led to him getting picked to represent England in Belgium on 11th February.

Jack is the current Civil Service Cross Country Champion and at the Sefton Brancker Cross Country, which is the match between the Civil Service, RAF, Police and Fire Service, successfully defended his title in January. The Civil Service team won the overall competition too.

Entries are now open for the CS10km and 5km at Battersea Park.

Contact SPARTA@dft.gov.uk for more details

Jack is also won the Civil Service 10km Championships at Battersea Park in May last year.

As he intends to make his marathon debut at the London Marathon on 21st April 2024 it is unlikely that he will decide to race at this year's event which takes place on 17th April 2024.

Before then Jack will be competing in the National Cross Country Championships on 24th February 2024 at Weston Park, Staffordshire.

He will also be hoping to secure a place in the Great Britain team for the World Championships in Serbia by getting a high finish at the Inter Counties Cross Country Championships at Prestwold Hall, Loughborough on 9th March 2024.

I'm sure that you will want to wish Jack all the best of luck in his upcoming races and if you are around those areas when he is racing why not go along and cheer him on.

Good Luck Jack



CHARITY FOR CIVIL SERVANTS SHORT TALKS

Join the Charity for Civil Servants talks to find out all about the services they offer

You may not realise it, but the Charity for Civil Servants is your national charity that's there for you and other civil servants for the whole of your Civil Service career and beyond.

From mental health struggles and relationship issues to bereavement or financial worries, the Charity gets it, and is there to provide help and support. The Charity is offering a number of 30-minute sessions to provide vital information about the free services and support they provide.

These sessions consist of a 30 minute talk, followed by an optional short Q&A, outlining what the Charity offers in terms of financial assistance, our help for carers and mental health support.

You can attend as an individual or group. Simply choose a time and date that suits you from the list to the right and register by clicking on the date links. They will send you an invite reminder for your calendar.

Dates and times:

[Tuesday 6 February, 10:30am to 11:15am](#)

[Thursday 15 February, 12noon to 12:45pm](#)

[Wednesday 28 February, 12noon to 12:45pm](#)

[Tuesday 5 March, 2:00pm to 2:45pm](#)

[Thursday 14 March, 12noon to 12:45pm](#)

[Wednesday 27 March, 10:30am to 11:15am](#)

Please note: depending on the set up for your device, dates might show in US format.

All civil servants, former civil servants and their dependent family members are eligible for help, so feel free to share these links.

WANT TO START A CLUB OR MAYBE 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/



INTRODUCING... YOUR CHARITY **CHARITY FOR CIVIL SERVANTS**

Attend one of our **FREE** 30-minute online seminars to learn how we support civil servants; just pick the best time for you.

[**Book your place**](#)





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

BOARD GAMES CLUB

www.spartarecreation.co.uk/board-games



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

EXCITING NEW CLUBS
COMING SOON

Check out all the SPARTA clubs on our website

SPARTA
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