

# LEISURESCENE

ISSUE 55  
Autumn 2016/Winter 2017



## MyActive

Keep track of your physical activity  
and get rewarded

### Meet our new Chairman

Jon Thompson

### GAMES 2017 - Save the Date

### New member benefits

tastecard • MERLIN • Cadw



# Welcome to LEISURESCENE

Welcome to issue 55 of Leisure Scene. As the warmth of summer fades and the colours of autumn dazzle, we're pleased to share another magazine full of news and views from CSSC.

Read our member diary of an Olympic volunteer, find out how we celebrate the hard work of our volunteers, meet the new Chairman, Jon Thompson and learn how you can contribute to the Board. We'll teach you how to access the new website and provide steps to improve your health and wellbeing with the One You initiative.

We've got travel insurance tips and dragon boat racing, member success stories and incredible offers along with a great range of competitions that you will find inside the pages of Leisure Scene.

Enjoy the read.

Lara

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**COPY DEADLINE FOR ISSUE 56 OF LEISURE SCENE IS 21 JANUARY 2017**

*If you change your job, retire or leave the civil service or public sector, remember that you can retain your CSSC membership. If you have moved work location or home address, remember to let our customer support team know so that all information is sent to your correct address.*

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**Find CSSC on:**

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CSSCSportsandLeisure](https://www.facebook.com/CSSCSportsandLeisure)

[twitter.com/  
CSSC\\_OFFICIAL](https://twitter.com/CSSC_OFFICIAL)

[cssc.co.uk](http://cssc.co.uk)

Keep up to date with all the news, events, posts and competitions as they happen.



**Environmental:**  
Leisure Scene is 100% recyclable. The pulp used is bleached without the use of chlorine and is from a mill using an environmental management system approved according to ISO 14001 and EMAS. The polywrap in which Leisure Scene is posted is 100% biodegradable.

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## Save the Date!!

**Friday 15 September 2017**  
**Loughborough University**

Loughborough's world class facilities will again provide the backdrop for a wide range of competitions; some new and some familiar to the Games programme.

Enjoy our new one day sports format, along with two nights' accommodation and Friday night entertainment event.

Sport and volunteer entries will be open from January 2017. Early bird discount available until end of March 2017.

For further details please contact the events team at [CSSCGames@cssc.co.uk](mailto:CSSCGames@cssc.co.uk)

## Stay in Touch

We love to stay in touch so we can tell you all the latest news, events and exciting offers in your area and across the UK. If you'd like to keep up to date, visit [cssc.co.uk/emailcapture](http://cssc.co.uk/emailcapture).

Everyone who sends us their email addresses will be entered into our draw to win one of five £20 Love2Shop vouchers. Closing date: 10 December 2016.

## Stay with Us

Just because you're moving on professionally or retiring doesn't mean you have to leave CSSC. Being a member of CSSC can last a lifetime even if you leave the public sector. So if your circumstances change, give us a call on 01494 888 444 so we can adjust your details.

## Rate Increase

It's been a while, 2 years in fact, but now it's time for CSSC to increase the rate of subscription. Here's the 2017 cost of membership.

## Subscription Rates

|                      |                                 |
|----------------------|---------------------------------|
| Membership cost:     | Retired (in receipt of pension) |
| • Monthly - £3.95    | • Monthly - £3.56               |
| • Quarterly - £11.85 | • Quarterly - £10.68            |
| • Annually - £47.40  | • Annually - £42.66             |

**tastecard**

CSSC has recently partnered with **tastecard** to offer members incredible savings when eating out. Sign up to enjoy 50% off the total food bill or 2-for-1 across the entire menu at over 5000 restaurants and eateries including Pizza Express, Zizzi, Strada, Prezzo and many more. Select your restaurant, book your table and flash your digital membership to enjoy the delectable discounts on offer.

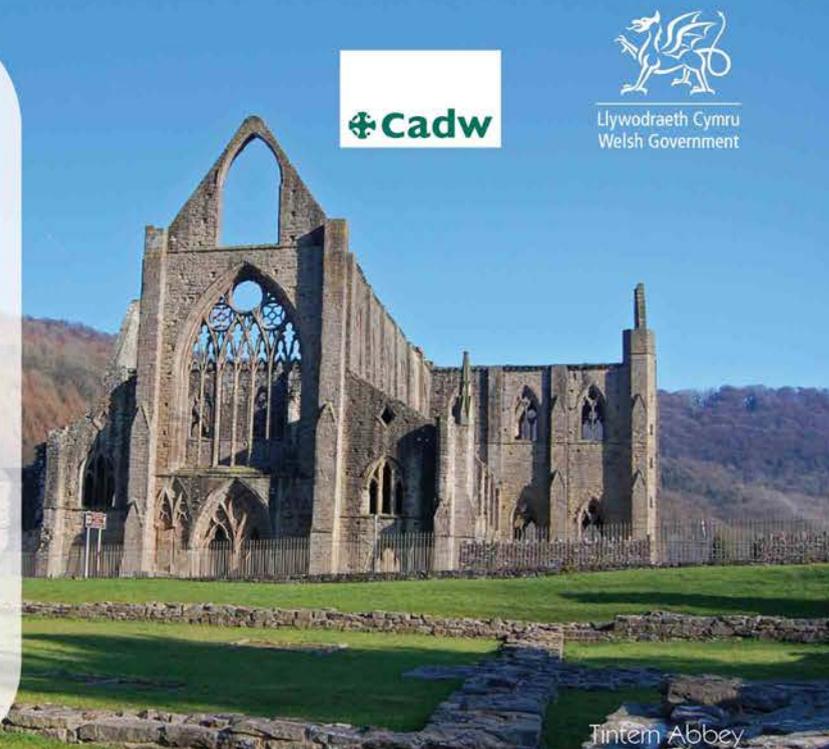
[cssc.co.uk/tastecard](http://cssc.co.uk/tastecard)

**FREE**

## Cadw Partnership

Experience some of the world's best castles, abbeys, churches and chapels from Caerphilly to Conwy thanks to our new partnership with Cadw. CSSC members (plus a partner & up to three kids under 16) can now gain free entry to any Cadw site. For more ideas on how to take full advantage of this new partnership, go to

[cssc.co.uk/cadw](http://cssc.co.uk/cadw)



## SUBSIDY & SPONSORSHIP

Do you have a sporting dream? Let CSSC help you achieve your sporting goals with our sponsorship and subsidy schemes. We provide assistance throughout the year for people with financial hardship or physical disability.



## MEMBER OFFERS

Love a staycation? See more with CSSC. We've partnered with English Heritage and Cadw, [tastecard](#) and Merlin Entertainments to help our members get free or heavily discounted entry as well as dining at some of the nation's best-loved sites and restaurants.



## TASTER DAYS

Curious but not sure? Our taster days are the perfect way to dip a toe in the water without spending too much time or money. Try a day at the velodrome or create a ceramic masterpiece, there's a speed to suit all types of members.

**Get Active.  
Collect Points.  
Be Rewarded.**

## MyActive

Need a little help to stay motivated? Let us help you stay on track with the latest addition to CSSC, the free My Active rewards app. Simply download and get started. My Active helps you run, walk, cycle and swim your way to better fitness with rewards and supportive resources.

Read more on the next page.

[cssc.co.uk/myactive](http://cssc.co.uk/myactive)

Get the app:



Powered by **ibounts**

## DISCOVER WHAT'S HAPPENING IN YOUR REGION

Whether you are based in the north, south, east or west, seek out the events, challenges or trips that suit you best. Sailing in Southampton or making bath bombs in Glasgow, a theatre trip to London or a golf tournament in Wales, there's an activity or event on your doorstep to tickle your taste buds. Membership with CSSC is not just about getting active, it's about giving you the opportunity to get the most out of life. Visit [cssc.co.uk/myregion](http://cssc.co.uk/myregion) to explore what's on offer.

## SAVINGS

Who doesn't love a bargain? Save money through our online shop with discounted movie tickets, attractions and days out. Keep the discounts coming at My Savings+ with over 2,000 discount, cashback and voucher offers on everything from shopping, car insurance to holidays. Save on fitness with our corporate gym memberships at over 2,900 gyms across the UK.





My Active provides the support, rewards and flexibility you need to get active in your own time.

*MyActive is as easy as 1-2-3*  
**Get Active. Collect Points. Be Rewarded.**



### The free health and fitness app

Download the free My Active health and fitness app and start collecting points and earning rewards. From your daily steps to gym visits, we reward you for all the ways you choose to get active. Then convert your points into cash vouchers at top retailers including Amazon, John Lewis, Sainsbury's and M&S.

By tracking your progress and giving you lots of opportunities to win points, the My Active app works by keeping you engaged and motivated to move more often.

### How to download the My Active Rewards app

1. Visit the My Active Rewards webpage [cssc.co.uk/myactive](http://cssc.co.uk/myactive)
2. Click the 'Download the app' button which takes you to the CSSC login page
3. Once logged in, you'll receive a CSSC referral code
4. Use your phone to download the app via Apple Store/Google Play Store
5. Create an account using the same email address as your CSSC account and enter your referral code
6. Verify your new account by checking your email

For support and enquiries on the app email [support@bounts.it](mailto:support@bounts.it)



2.



### Tools and resources

- A free set of tools and resources to help all ages and abilities run, cycle, swim or walk more often
- These tools and resources are split, depending on your progress - **Begin and Learn, Improve and Explore, Challenge and Compete** and **Lead and Organise**
- Utilise training plans, maps and routes and local group finders etc.

3.



**Activity Subsidy Scheme** – CSSC can help cover the entry costs of non-CSSC events such as running races and assault courses (10km or more), swimming, cycling and chipped wheelchair events.

**Training Subsidy Scheme** – Become a sports coach, referee or umpire and CSSC can subsidise your training fees.

**Gym Discounts** – Access to corporate gym membership at over 2,900 gyms.

**Physical Activity Fund** – Organise an activity in your workplace or local area. CSSC can help fund the venue, equipment and instructor costs.

**Sponsorship Scheme** – If a disability or financial hardship is preventing you from continuing your sport, we may be able to help.

supported by  
CSiS Charity Fund  
Helping Public Service Communities



Visit [cssc.co.uk/myactive](http://cssc.co.uk/myactive) where you'll find all the information you need to get started.

# CINEMA ECODES

No more waiting for the post to arrive. Order your eCode and it will arrive automatically in your inbox within hours!

[cssc.co.uk/onlineshop](http://cssc.co.uk/onlineshop)

## VUE

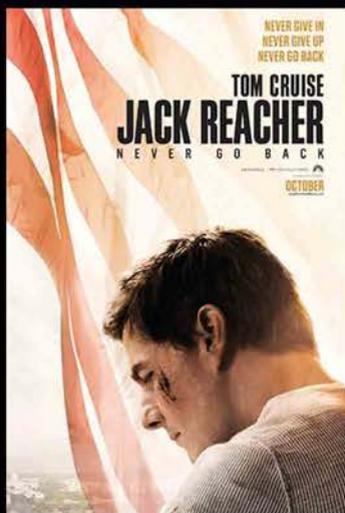
Print your email to redeem your eCodes at any Vue Cinema. Unfortunately Vue eCodes cannot be redeemed online.

## ODEON

ODEON eCodes can be used to pre-book films on the ODEON website or you can print your email and redeem your codes at the cinema.

Cineworld eCodes can be used to pre-book films on the Cineworld website or you can print your email and redeem your codes at the cinema.

See the hottest movies in your local cinema. Get your tickets today [cssc.co.uk/onlineshop](http://cssc.co.uk/onlineshop)



# GET SPOOKED WITH



Brick or Treat is **LEGOLAND® Windsor Resort's** salute to the scariest night of the year. Come and see Frankie the Friendly Monster, Lord Vampyre and Orange Brick, solve a spooky quiz trail and show off your best Halloween costume in the daily fancy dress competition.

**Chessington World of Adventures Resort** welcomes the return of two hair-raising attractions. Brave souls can try their skills in the Curse of the Lost Tomb Maze and little explorers can enjoy the thrills of the Trick or Treat Wood and rides in the dark.

Scarefest 2016 sees **Alton Towers Resort** transform into a spooktastic Halloween playground after dark. Follow the adventures of an online vlogger as he goes monster-hunting in the new House of Monsters.

Fright Nights are back at **THORPE PARK Resort**. New for 2016, is Platform 15, a one-way trek down a deserted railway line, the last known route of the notorious Sleeper Express. Can you outrun the haunted souls or will your journey end on Platform 15?

## Ever wondered what the CSSC Board does and what difference you can make as a Board member?

Interest in being part of the Board has steadily grown in recent years and we were delighted with the number of applicants who came forward for this year's elections. If you'd like to put yourself forward for election please find the enclosed nomination form or visit our website at [cssc.co.uk/BoardNomination](http://cssc.co.uk/BoardNomination)



*A message from CSSC's new Chairman,*

## Jon Thompson

*"I was delighted to be asked to be the Chairman of CSSC Sports & Leisure and look forward to meeting volunteers and members at future events.*

*CSSC plays a valuable role in supporting the health and wellbeing for those*

*working in the civil service and public sector by providing a wealth of opportunities for members to get active. As a user of a workplace gym, I know how important it is to achieve a healthy work-life balance and this is ever more important with the increasing pressures that we all face at work.*

*Many staff from my own department at HMRC are keen participants in CSSC activities. I'd like to see involvement grow further across other departments and public sector workplaces, so that more people can benefit as members of CSSC.*

*CSSC is going through a period of change and I will support the organisation as we continue to evolve in order to meet the ever-changing needs of our members and potential members. In particular, I welcome the work that is currently underway on creating a new vision for CSSC's future and feel fortunate to have come on board at such a pivotal time in our history."*

*Jonathan*

## CSSC Board

The CSSC Board is responsible for the strategic planning and conduct of the business.

### How you can contribute:

- Ensuring CSSC's strategic plan achieves the mission.
- Being an active participant in Board meetings and a member of one of the two main sub-committees – Resources and Sports & Leisure.
- Making sure we comply with all legal and constitutional requirements.

## The Resources Committee

oversees income, expenditure and budget proposals.

### How you can contribute:

- Helping to safeguard CSSC's financial position.
- Making sure members get value for money.
- Supporting the development of new member benefits.

## Sports & Leisure Committee

oversees national sports and leisure activities including event management, marketing, sports and volunteer development.

### How you can contribute:

- Developing events like the CSSC Games and the Nations Summer Challenge.
- Supporting funding for taster days and the Physical Activity Fund.
- Developing initiatives such as the national travel policy – providing equality and parity to all members no matter where they live.

## Volunteer Committee

develops guidance and support for volunteers and ways to recognise their valuable contribution.

### How you can contribute:

- Ensuring volunteers get better support e.g. through the learning pathway and volunteer induction programmes.
- Making sure volunteers get better recognition for their invaluable contribution.

## Other Working Groups

- Strategic Plan
- Equality and Diversity
- Planning for CSSC's Centenary in 2021

## Other Committees

- Audit Committee
- Investment Committee
- Discipline & Complaints Committee
- Appointments Committee

# AWARDS

At CSSC's Annual Conference, we celebrate the considerable achievements of individual members, volunteers and affiliated organisations. Without the tireless effort and enthusiasm of the volunteers we would not have such an extraordinary schedule of events and activities that are so thoroughly enjoyed by our members.

## Fellowship Award

This new award, honours a member who has had a major impact on CSSC during their membership, through sustained and outstanding voluntary contribution spanning many years and even decades.

Simon Lee, CSSC Chief Executive was delighted to announce the first recipient of CSSC's Fellowship Award, Phil Hawkins. Phil's voluntary service with CSSC spans over 40 years during which time he has held a variety of demanding and varied roles.



## Innovation Award

This new award honours an association, club or volunteer that has shown an innovative approach to introducing a project or initiative with a substantial, positive impact on CSSC.

The award was won by Glen Pollock who, with assistance from CSSC's Physical Activity Fund, organised circuit classes in his workplace to help 60 members of staff become more active.



## Sportsperson Award

This new award recognises a member who has had a significant impact on CSSC's activities and sports, either as a player or a volunteer. The first winner of this trophy is Justine Reston. Justine competed for GB in triathlons and holds 7 indoor rowing records completing a 10,000 metre row in the 40-49 years age group.



# Plymouth Games

With the help of CSSC's Physical Activity Fund, Sunday 31 July saw teams from CSSA Plymouth, Land Registry, HASSRA SW and Livewell South West square up for a day of competitive fun at the Plymouth LifeCentre.

In the same venue where Olympiad Tom Daley crafted his trade, some of the challenges included a sprint relay, egg and spoon relay, 5-a-side football, giant Jenga, tug of war, and indoor bowls. Plymouth CSSC volunteers worked with local council and associations to create a spirited event to welcome a wide cross-section of members. *"Considering it was a beautiful day outside it was really rewarding that people committed to spending 5 hours in a sports hall"* reports organiser Lynn Jones. *"Following the event there was a real buzz in the office on Monday morning and we've received requests to run the event next year."*

Helping comes naturally for Lynn. *"Organising such an event on this scale is not for the faint hearted as you depend on commitment from external organisations"* Lynn said, *"but to overcome this we invited interested parties to our monthly committee meetings. Communication and perseverance is key."*

For Adrian Salt, another organiser of the event, the highlight was the range of participants. Adrian recalls, *"we had one member who suffers from a serious eye condition. Ahead of the Games, we talked at length about what they felt able to participate in. However, as the Games progressed and the competition became closer, it was difficult to stop them from taking part, including the sprint relay!"*

*"Over the years, I've benefitted and taken part in events all over the country"* he says, *"these events only happen if volunteers are there to make it happen. It's now my turn to do just that."*

The biggest challenge for Adrian was the constantly changing number of participants, *"right up to the start of the games at 10.30am, the numbers were still changing."* However, after everyone pulled together, the event succeeded and as a result, a full (but sometimes amended) programme of events were offered throughout the day.



# CSSC Launches NEW Website

CSSC online might look a little different since the last time you logged on. We're glad you've noticed, because we have had a digital make-over, and hopefully, you'll agree we look better than ever.

To get the most out of your membership keep your profile updated.

Remember to select your communications preferences and interests and enjoy all the benefits that CSSC has to offer.

# Where to find what on our new website

## Shop

**My Savings+** is your portal to thousands of retailer and gym discounts. Visit **CSSC's online shop** for discounted tickets to the cinema, theme parks and other attractions.

## Offers

Check out our amazing member offers from free **English Heritage** corporate membership to halving your food bill with your free digital **tastecard**.

## Subsidies

Find out how CSSC can help you achieve your sporting ambitions.

## Things to do

Looking for an activity, event or taster day to take part in? Find it here using our new search tool.

## My CSSC

Check and update your details, select your interests, and view any events you've booked online.

## My Region

Find events, activities and exclusive member offers local to you. If you aren't sure which region and area you belong to, visit your My CSSC page.

## My Sport

Read up on your chosen sports news, results and upcoming events. Remember to select your sport as an interest in your My CSSC page to receive the latest events into your inbox.

## My Active

All the tools and resources you need to get active and claim your rewards.

## Membership

All you need to know about CSSC membership and how to join online.

## Volunteers

Become a volunteer and learn how we support and recognise their contributions.



## Sign in

To access all member benefits and to update your details.

## Search

Can't find what you're after? Search for it here.

## What's in it for me

The top reasons to join CSSC.

When you access the new website for the first time you'll have to reset your password.

## HOW TO RESET YOUR PASSWORD

1. Simply 'Sign In' and scroll down to 'Forgot Password/Set Password'.
2. Enter your email address.
3. Select 'Get Password' and you'll receive an email with a link to reset your password.
4. Follow the prompts and you'll then be able to access the website.

Discover more online at **[cssc.co.uk](http://cssc.co.uk)**

If your email address isn't found or if you are experiencing any other difficulties, contact the web team at **[webteam@cssc.co.uk](mailto:webteam@cssc.co.uk)**

# Diary of an Olympic

Hi, I'm Kathrina Gwynne, a CSSC member. I was fortunate to be an Olympic volunteer and would love to share my exciting experience with my fellow CSSC members.

## DAY 1 / 1 August

I met my flatmate at the rental office and we went to the apartment in the area of Botafogo. First impressions were good but then we got inside...no hot water and things falling off all over the place, but it's home for the next 2 weeks.

## DAY 2 / 2 August

Wow, the favela is an incredible sight! How do the buildings remain standing on such steep slopes? The UAC was busy again today, you have to queue for everything here and nothing moves very quickly. The UK volunteers Facebook group, which was set up by the volunteers themselves, are a great help to fellow Brits, inviting others to join them on various outings. It's a really friendly group and reassuring to know that there's others out and about.

## DAY 4 / 4 August

Visited Urca to go up Sugarloaf Mountain with a group of volunteers but I was late and they'd already gone. So I took a bus which is one of the scariest experiences I've had. The buses are real bone-shakers and the drivers are lunatics, they hardly come to a stop to let you off. But what amazing views at the top!

## DAY 5 / 5 August

Went to Copacabana Beach to get my tickets, lots of musicians playing in the bars and cafes, great atmosphere for Opening Ceremony day.

## DAY 6 / 6 August

My first shift today, got my special Rio 2016 Swatch watch, a pin, a lunch voucher, some water and was told where to meet my team. As a Timing and Scoring Team Member, I'd been assigned to the Omega team to man the radios on Navy ribs and assist the drivers. Feeling pretty excited for my first proper shift on Monday.

## DAY 7 / 7 August

Went to the Olympic Boulevard to see the Olympic Flame and it was absolutely heaving. Took some photos and walked along the entire stretch to the amazing Tomorrow Museum building and visited the Sambadrome, an unusual structure built to host the annual parade of Samba Schools during the festival of Carnavale.

## DAY 8 / 8 August

First proper shift, following the RS:X Men's and Women's Windsurfing, how exciting to be in amongst the action. I'd been told that even 3 teaspoons of the water could make you very ill so I was determined not to let any of it into my mouth. I spotted Nick Dempsey and took some pictures. I never realised how fast they travel in good conditions. Bryony Shaw was our girl for the women's race. After an exhilarating 4 to 5 hours out in the bay, we headed back to dry land. I'd had a whale of a time.

## DAY 9 / 9 August

Caught the small train up to Christ the Redeemer this morning, the statue and views were stunning and definitely not something to be missed. There's military everywhere. Near the Olympic Venue is a favela where children were flying kites which would go over the fence.

This stuck in my mind as it was clear that for these kids, it was closest they would ever get to entering this privileged world.

## DAY 10 / 10 August

My second proper shift today, and disappointed to hear that volunteers were not needed

on the boats after all. My new job is to attach the tracker bases to the 49'er class boats today in the Athletes Equipment Check area.

## DAY 12 / 12 August

Today's task was to distribute the trackers to the RS:X Windsurfers. I spotted a member of Team GB washing down a surfboard and asked if he minded me taking a photo. He said he was 'only the coach', but I said he was just as important and we chatted about how Nick Dempsey was doing. As the races finished off, we had to collect the tracker bases back and trackers from all non-medal competitors, we didn't look forward to it as they were all so tired and either fed up or jubilant. Another good day with a great team.

## Day 14 / 14 August

It was sad to be leaving but after two weeks, I'm ready for home. My journey will take me via Sao Paulo, Frankfurt and then Heathrow and I'll proudly wear my Rio 2016 top. I was so glad to volunteer at the Rio Olympics, it was a fantastic experience and I now can't wait to apply for Tokyo 2020.

# Volunteer

# ONE YOU

Whether we are eating the wrong things, drinking more than we should, smoking despite everything we know, or just not being active, all of these small things can add up to an unhealthy you. Making better choices today can have a huge influence on our health, but it's not easy in our busy lives.

Public Health England's 'One You' campaign provides advice and guidance on how to make simple changes to your lifestyle in six key areas to improve your health and wellbeing (whatever your age!). For more information, access the NHS website: [nhs.uk/oneyou](http://nhs.uk/oneyou) and take the "How Are You?" quiz to see how you score in each area.



Public Health England



The One You campaign has identified the following 6 key areas affecting your health



### Eating better

The older you get, the harder it is to maintain your weight, and so with each year you should re-assess what you eat and how much you're eating. Keeping an eye on portion control and snacking, along with eating whole, fresh foods is all you need to stay healthy and maintain a regular weight.



### Sleep well

Sleep is one of the key elements to maintaining a healthy life and more importantly, to feeling good. Everyone's different, but it's important to get enough for your individual needs because poor sleep habits on a regular basis can be harmful. Getting enough sleep can improve your weight, energy levels, mood and add years to your life.



### Moving more

It's easier than you think to stay active. Moving regularly improves your mind, body and general health and will ensure you maintain physical and mental mobility well into old age. Just a few small changes can make a big difference to your life and how you feel.



### Stress free

We all feel stress in our lives, sometimes lots, sometimes only a little, but letting stress get the better of you over an extended period poses a health risk. Too much stress can affect your daily thinking, mood, sleep and even your immune system. There is not a one-size-fits-all answer to stress but there are ways to reach out and get the help you need, when you need it most.



### Quit smoking

Be a hero to your loved ones, be a hero to yourself. Feel better, live longer and save money. No matter how long you've smoked for, quitting today will make a difference to you and your family.



### Drinking less

Many of us like to unwind with a drink at the end of the day, but the problem is how to prevent one drink turning into more. New guidelines now recommend only 14 units of alcohol per week, which is equivalent to about 6 pints a week. Drinking less will result in weight loss, more energy, saving money and improved mood.

With the launch of the One You campaign, if you are aged between 40 and 74, you could be eligible to find out how healthy you are and receive personalised advice on how to improve and maintain your health with

a FREE NHS Health Check. Like an MOT for your body, your blood pressure, cholesterol, heart health and BMI are all measured with the aim of helping you lead a longer, happier, more independent life well into the future.

## HOW CSSC CAN HELP

There are lots of ways to be your best self with CSSC through our sports and leisure offerings as well as health and wellbeing discounts at My Savings+, for example:

| Retailer Name                       | % Cashback |
|-------------------------------------|------------|
| Allersafe (allergy sufferers)       | 6%         |
| Bio Mag Therapy (magnetic products) | 15%        |
| Farmaline - online pharmacy         | 7.5%       |
| Health Monthly - online H&B store   | 10%        |
| Healthcare4All.co.uk                | 10%        |
| Holland & Barrett                   | 10%        |
| Hypnotictracks - hypnotherapy       | 20%        |
| Penhaligon's - fragrances / candles | 5%         |
| Towerhealth - alternative health    | 10%        |
| Incorpore gym discounts             | Various    |

In the health and wellbeing section of My Savings+ you can find guides to alcohol intake, nutrition, stress-management and tests to assess your current wellbeing. CSSC also provides an abundance of ways to improve your activity levels from the Physical Activity Fund and national events, to our popular taster days and the brand new My Active app.

Help reduce stress by taking part in more leisure-based activities like outings to the cinema, theme-parks or heritage sites with friends and family. The NHS reports that volunteering reduces depression, stress and boosts quality of life; there are many ways to volunteer with CSSC.

## BE IN IT TO WIN IT WITH

### My Savings+

CSSC members can save every day with My Savings+ cashback rewards, but this Autumn you can be in with a chance to win your share in over £1,000 worth of prizes.

Thanks to Voice Mobile, T.M. LEWIN, SuperBreak, Affordable Car Hire and HotelStayUK, members can win a golfing experience on the Ryder Cup Course, holiday-makers can win accommodation vouchers or car hire, or perhaps you'd prefer to win an outfit by T.M. LEWIN?

For full T&Cs and to enter, visit [cssc-comp.com](http://cssc-comp.com)

These competitions are being run by Parliament Hill Ltd.



## 1st Prize

### A GOLF FOURBALL

at The Belfry on the Brabazon, Ryder Cup Course (value £640)!

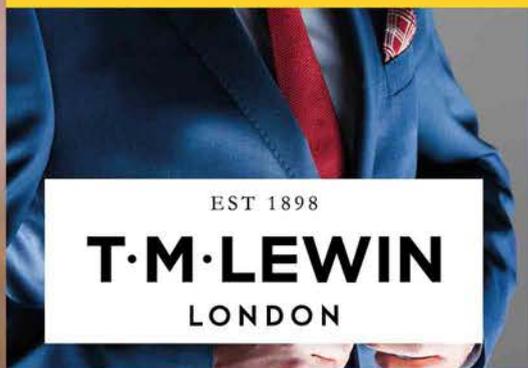
This prize is supplied by Voice Mobile, an EE Principal partner, offering exclusive tariffs to CSSC members not available in store or online.



## 2nd Prize

### A T.M. LEWIN OUTFIT

This prize is supplied by T.M. LEWIN, who for over 116 years have been providing the business world with shirts, suits and accessories. CSSC members get access to special discounts.



## 3rd Prize

### 1 WEEK'S FREE CAR HIRE IN EUROPE OR THE USA

This prize is supplied by Affordable Car Hire who work with 500 car rental partners in over 30,000 worldwide locations. CSSC members get a 12% discount.



## 4th Prize

### SUPERBREAK £100 VOUCHER

This prize is supplied by SuperBreak, who specialise in helping members package together fun-filled short breaks the whole family can enjoy. CSSC members get a 10% discount.



## 5th Prize

### £100 TOWARDS A UK BREAK WITH HOTELSTAYUK

This prize is supplied by HotelStayUK who work with over 80,000 hotels in the UK, Europe and Worldwide. CSSC members can save from 10% to 60% on hotels and short breaks worldwide.



Each year UK residents make around 55 million trips abroad. While most of these trips are trouble-free it's always good to know where you stand when it comes to travel insurance. Natural disasters, terrorism and extreme sports may not be high on your list of worries when you're abroad.

### SO WHAT ARE THE MORE LIKELY THINGS YOU'LL WANT COVERAGE FOR?

Most travel insurance policies cover:

- Loss or damage to baggage and money
- Holiday cancellation or curtailment due to ill health
- Medical treatment abroad
- Liability if you cause injury, loss or damage to third parties and their property.

The amount you're covered for varies from company to company, so make sure you know how much cover you get for your money.

**TOP TIP:** Always watch out for excesses, monetary and age limits in policies.

### WHAT SORT OF THINGS AREN'T USUALLY COVERED IN GENERAL TRAVEL INSURANCE?

Pre-existing medical conditions including any close relative or business partner even if they are not travelling

- The effects of alcohol or drugs
- Depression and suicide
- Terrorism\*
- Hazardous pursuits or sports
- Liability arising from the use of vehicles, watercraft or aircraft
- Territories where the Foreign and Commonwealth Office (FCO) advise not to visit
- Volcanic ash

This list is by no means definitive, and so the responsibility falls on you to read your policy carefully.

**TOP TIP:** Most insurers offer a health screening service if you have a pre-existing medical condition and may offer cover for an additional premium. CSIS covers medical conditions in Europe automatically provided you are fit to travel.

### WHAT ABOUT HAZARDOUS AND ADVENTUROUS SPORTS?

The best approach is to never assume that a sport is covered by your standard travel insurance, always read the terms and conditions with care.

- For dangerous sports you'll need to pay an extra premium or even take out a stand-alone policy
- Most standard policies won't cover sports equipment
- Be sure to describe the nature of your activity to your insurer, as distinctions on group tours or activities can affect your coverage
- If you hire a car abroad or take jet skis into the water make sure they come with a hire agreement to include insurance cover against claims from third parties. Most travel insurance policies will not protect your liability in this regard.

**TOP TIP:** Even a golfing holiday can require special insurance in case you injure someone or suffer equipment theft.



Civil Service Insurance Society

This article has been brought to you by our friends at CSIS. They offer a range of travel insurance options, covering medical expenses and repatriation due to terrorism\* and ski/winter sports, as standard. There are other suppliers who provide specialist coverage for those seeking adventure sports, or active holidays abroad, that can be found on the internet.

Enjoy CSSC member discount of 10% on your travel insurance at [csis.co.uk](http://csis.co.uk) or call **01622 766960** for a competitive quotation.

\*Terrorism is covered by some insurers in respect of Medical Expenses and Repatriation if a terrorist event occurs during the holiday. CSIS offers this as standard in its cover.



## FRENY KHAMBATA

**Organisation:** Border Force Intelligence Directorate

**Activity:** Dragon Boat Racing

Freny started dragon boat racing three years ago, and has since gone from strength to strength with her mixed team of 16 members. After coming first in the mixed race on their first year competing at Dorney Lake in 2013, the team could not beat the group of army lads. However, the next year the team won two trophies and were crowned Champions of Heathrow and the following year managed to win all their races.



### What is your involvement in CSSC?

I am a treasurer and event organiser for the Heathrow Area.

### What is your most treasured memory from your experience?

Winning the final race at Staines this year. The sun was shining and it was a real thrill to receive the trophy and the £500 cheque towards our chosen charity which is Help for Heroes.



If you've established a team sport and would like to feature as our next member profile, contact [lara.cory@cssc.co.uk](mailto:lara.cory@cssc.co.uk)

## Pudding Club

Picture a pudding parade of ginger syrup sponge, sticky toffee and date amongst a variety of traditional puddings all dished up with lashings of custard and cream. Indulge your passion for puds and **VOTE FOR YOUR FAVOURITE** with the Pudding Club; **7pm at The Three Ways House Hotel, Mickleton, Chipping Campden, Gloucestershire GL55 6SB Saturday 4 February 2017**

- Pudding club dinner only on Saturday  
Members: £36 Non-members: £38
- B&B Saturday plus pudding club dinner  
Members: £93 Non-members: £130
- B&B Friday and Saturday plus pudding club dinner  
Members: £140 Non-members: £196
- B&B Friday, Saturday and Sunday plus pudding club dinner  
Members: £197 Non-members: £255



For further details please contact Audrey Haskell  
[audreyhaskell@btinternet.com](mailto:audreyhaskell@btinternet.com)

Take part - all ages and abilities welcome

At CSSC we pride ourselves on the variety and inclusiveness of our events and taster day experiences. If you feel hesitant about taking part or wondering if you're good enough to join in, we want to assure you that all ages and abilities are welcome at CSSC events. There is a competition component in our category levels for those wanting to take their participation to the next level, but for the rest of us, it's about having a go and making friends.



Events are categorised into one of 4 levels:

**CATEGORY 1**

**REPRESENTATIVE MATCHES AND NATIONAL FINALS**

**National Final**

Regional winners are invited to attend the national final, all expenses paid.

**Representative Match**

A member who has been selected to represent the civil service in their respective sport.

**CATEGORY 2**

**OPEN EVENTS**

No qualification required.

Open events encourage all teams and individuals from all regions to take part no matter what your standard.

**CATEGORY 3**

**REGIONAL QUALIFIER AND EVENT**

**Regional Qualifier**

A regional competition that feeds into a national final. All standards of players welcome.

**Regional Event**

A one off regional competition that does not feed into a national final. All standards of players welcome.

**CATEGORY 4**

**EVENTS YOU CAN'T CLAIM FOR**

**Taster Days**

Anything from the national taster day programme.

**Trips**

National and international excursions requiring a coach journey or overnight stay.

**Days Out**

Ticketed events eg race days, theatre, sports tickets and tours.

**National Travel Policy**

To support our members to participate in the above sports we introduced the national travel policy which subsidises travel and accommodation costs across categories 1 to 3.

Events in categories 1 to 3 include:



**ANGLING**

boat, coarse, game, shore, pike

**ARCHERY**

track, field & cross country

**BADMINTON**

**BASKETBALL**

crown green, flat green & indoor

**CHESS**

**CURLING**

**CYCLING**

**DARTS**

**E-SPORTS**

**FENCING**

**FLYING**

**FOOTBALL**

women, masters, 5-a-side & 11-a-side

**GOLF**

**HOCKEY**

**KARTING**

**NETBALL**

**POOL**

**SAILING**

**SKITTLES**

**SQUASH**

**SNOOKER**

**SWIMMING**

**TABLE TENNIS**

**TARGET SHOOTING**

**TENNIS**

**TENPIN BOWLING**

**TOUCH RUGBY**

**TUG OF WAR**

**VOLLEYBALL**



Jenny

Rebecca

Hilary

Matt

**Jenny**

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**Rebecca**

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**Matt**

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For a full listing of events visit [cssc.co.uk/eventsearch](http://cssc.co.uk/eventsearch) or for further information or to express your interest contact the events team.

# Events

## Open Championships and Veterans Tournament

**Where:** Badminton Centre, High Wycombe

**When:** Friday 17 February  
Veterans on Saturday  
21 February 2017

Held at the purpose-built Badminton Centre in High Wycombe, the open tournament welcomes players of all abilities to take part in ladies' and men's singles, ladies', men's and mixed doubles. Veterans are required to be 40 years or over by the date of the competition. The entry fee is £10 if you are entering just one event but only £15 if you wish to enter multiple events.

The closing date for entries is Friday 6 January 2017.

## National Swimming, Diving, Lifesaving and Water Polo Championships

**Where:** Ponds Forge, Sheffield

**When:** Thursday 4 - Friday 5 May 2017

This is a popular event attracting lots of swimmers in all categories.

Entry is open to and encourages CSSC members of all ability levels.

The entry fee is £3 per individual event and £6 per team event.

If you'd like to simply learn how to dive, take part in the FREE diving taster day on Thursday 4 May which is open to all.

The closing date for entries is Friday 31 March 2017.



## Hill Walking

Come alone or with a friend. All ages and abilities are warmly welcomed for the hill walking groups. With 6 exciting packages on offer for 2017, members will enjoy hotel accommodation, meals and walk guides. The dedicated team will ensure you have a wonderful weekend from start to finish, meeting new people and enjoying fresh air and breathtaking views.

**Where:** Aviemore, Cairngorms

**When:** 11 – 18 February 2017\*

**Where:** Eyam, Derbyshire

**When:** 5 – 8 May 2017

**Where:** Elterwater, Lake District

**When:** 7 – 10 July 2017

**Where:** Nythfa House, Brecon

**When:** 29 September – 2 October 2017

\*There is a week or 3 day/4 night option

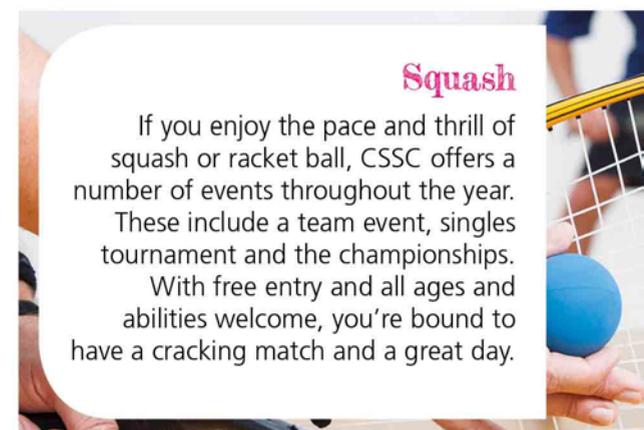
Details for the remaining two trips will be released soon.



## Squash

If you enjoy the pace and thrill of squash or racket ball, CSSC offers a number of events throughout the year. These include a team event, singles tournament and the championships.

With free entry and all ages and abilities welcome, you're bound to have a cracking match and a great day.



## National Open Day of Cycling

**Where:** UCLAN Sports Arena, Preston

**When:** Wednesday 12 July 2017

For only £8 per person, cycling enthusiasts can take part in a range of events open to CSSC members of all ages and abilities. Included in this tournament are 3 x lap individual time trials, 10 lap points race (10 miles), knockout sprint competition, ladies' road race championship (approximately 20 miles), veterans and open road race championships (approximately 25 miles).

The closing date for entries is 5 July 2017.

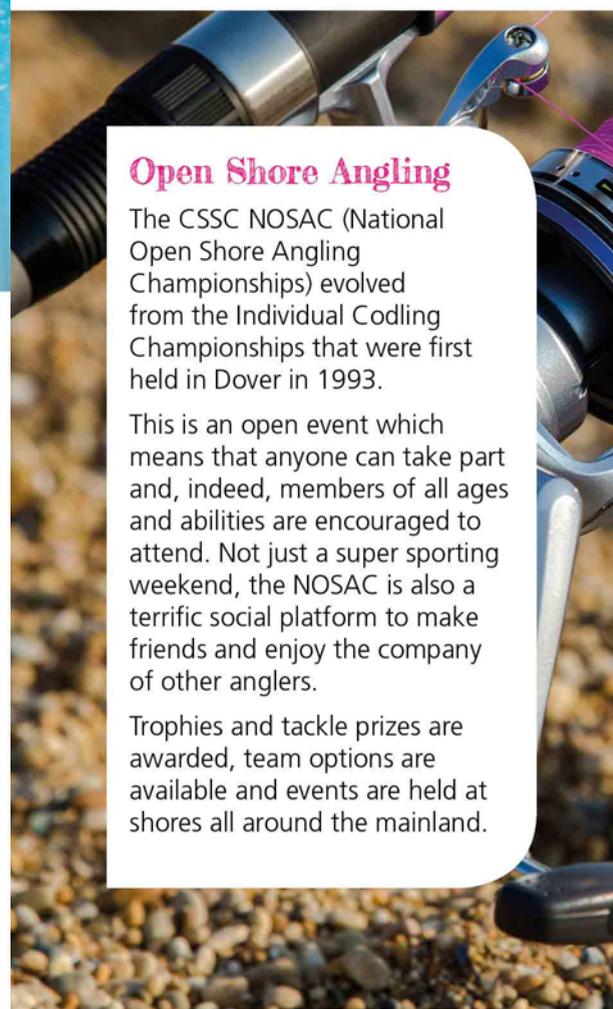


## Open Shore Angling

The CSSC NOSAC (National Open Shore Angling Championships) evolved from the Individual Codling Championships that were first held in Dover in 1993.

This is an open event which means that anyone can take part and, indeed, members of all ages and abilities are encouraged to attend. Not just a super sporting weekend, the NOSAC is also a terrific social platform to make friends and enjoy the company of other anglers.

Trophies and tackle prizes are awarded, team options are available and events are held at shores all around the mainland.



For a full listing of events and taster days visit [cssc.co.uk/eventsearch](http://cssc.co.uk/eventsearch) or for further information or to express your interest contact the events team on **01494 888 444** or email [events@cssc.co.uk](mailto:events@cssc.co.uk)

Do you have a great idea for a taster day or know about an excellent local venue?

Do you want to see more events running in your local area?

Is there an event that we don't currently offer that you'd like to suggest?

Taster event mail outs are sent approximately every two months and events you arrange can be included in these.

For a schedule of release dates please email Jennifer Yarrow. We suggest at least a 3 month lead time to maximise advertising.

**We can help you as little or as much as you need with things like**

- initial contact
- negotiating rates
- booking and advertising spaces
- paying the venue
- producing entry forms and posters
- subsidising per head rate (based on a sliding scale)
- taking entries and payments
- sending final details and tickets to attendees
- updating the venue with attendee names and contact details
- feedback follow up survey after each event

Contact Jennifer Yarrow on 01494 888434 or email [tasterday@cssc.co.uk](mailto:tasterday@cssc.co.uk) for further details or to discuss your potential event.

## South West - Fly Fishing

"Everyone was welcoming and keen to help which I appreciated. Con was so patient with me... I have a long way to go, but feel I've made a reasonable start during a great day."

## Midlands - Derby Velodrome

"The event venue, facilities and trainer were all excellent. A brilliant event."

## Yorkshire - Clay Pigeon Shooting

"Absolutely fabulous. Would really like to do this again with a longer session."

## North West - Husky Trekking

"The instructors were warm, supportive and skilled and you couldn't possibly get better value for money. I'd recommend it in the strongest terms - one of the best experiences I've ever had."

## South East - White Water Rafting Lee Valley

"We had an amazing time on Friday and thank you so much to you guys for organising! Gladly would do it again!"

## PHOTO COMPETITION Celebrations

CSSC's photography competition returns with a new and final theme for 2016. Birthdays, weddings or a wonderful memory where you have celebrated with your friends or family, we want to see photos that perfectly capture the moment. For a chance to win, send in no more than three digital photos along with your name, membership number and contact details to [rebecca.brand@cssc.co.uk](mailto:rebecca.brand@cssc.co.uk) by 9 December 2016. Visit [cssc.co.uk/photocompetition](http://cssc.co.uk/photocompetition) for terms and conditions.

Congratulations to our **Health and Wellbeing** Photo Competition Winners!

Winner



Cath Stone

Runners Up



Andrew Gibson



Claire Nichols



Paul Sloan

# Exclusive offers for CSSC members

Sytner are the UK's leading dealer network offering preferential rates and service when purchasing a new or used vehicle.

For more information visit us at:

<http://corporate.sytner.co.uk/cssc>

## FREE to enter competition....

Your chance to WIN the ultimate prize of a  
Supercar Track Day or a Luxury Pamper Day

Here's the easy bit. For your chance to WIN one of these  
excellent prizes, simply email your name to us by no later  
than 30th November 2016.

Then, just wait to see if you have won. It's that simple!

(The winner will be notified by email)



 0845 051 7895

 [cssc@sytnr.co.uk](mailto:cssc@sytnr.co.uk)

 <http://corporate.sytner.co.uk/cssc>

