

LEISURE SCENE

ISSUE 60

SPRING / SUMMER 2019



**2019 Games
Book Your Place Now**

**Centenary Programme
Revealed**

Learn How To Stress Less

**Get Out and About
with CSSC**

**Discover the moving,
personal stories
of two members**

 **CSSC**
Sports&Leisure



Editor

Welcome to Leisure Scene's 60th Edition

2019 is shaping up to be a big year for CSSC, with the launch of our new website, which will improve the online experience for members and provide easy access to benefits and events. Mark your calendar for this year's Games which will take place in September and start thinking about creative ways to prepare your workplace for Active Wellbeing Week in July.

In this issue, we're looking at the causes, symptoms and ways to beat stress for national Stress Awareness Month and revealing some of the major events scheduled for CSSC's centenary programme in 2021.

Please send all Leisure Scene feedback and contributions to:

Lara Cory, Leisure Scene Editor
Email: lara.cory@cssc.co.uk

CSSC Sports and Leisure,
Compton Court, 20-24 Temple End,
High Wycombe, Bucks HP13 5DR
Tel: 01494 888444

COPY DEADLINE FOR ISSUE 61 OF LEISURE SCENE IS 20 August 2019

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.

Find the top 5 questions our customer support team gets asked and how you can help CSSC grow even bigger and better in 2019. Member, Sue Porter talks about how parkrun helped her through a difficult bout of depression and Rachel Collins uses swimming to manage her debilitating condition. Take a look at how some workplaces have put the physical activity fund to creative use and explore some of the more unusual ways to spend your leisure time from blacksmithing to cycling in the velodrome.

As you browse the pages of this edition of Leisure Scene, pay close attention because we've got a fun quiz prepared. All you have to do is answer the questions to go into the draw to win some exciting prizes.

Until next time, *Lara Cory*

Find CSSC on:

- facebook.com/CSSCSportsandLeisure
- twitter.com/CSSC_Official
- <https://cssc.co.uk>

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

Publication of advertisements does not imply any form of recommendation. CSSC Sports & Leisure accepts no responsibility for any statements in advertisements. Each advertisement is inserted on the distinct understanding that no advantage will accrue to the advertiser in relation to its business dealing with CSSC Sports & Leisure. Leisure Scene can be made available in alternative formats on request.

Active Wellbeing Week



04



2019 Games


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.

04 CSSC News**06** CSSC Leisure Scene Quiz**07** CSIS Travel Insurance**08** CSSC Games 2019**10** CSSC's New Website is Coming**12** We're Here to Help**14** Learn How to Stress Less**16** CSSC Centenary 2021**18** No Walk in the Park**20** Swimming to Success**22** A Sporting Life**24** Physical Activity Fund**26** Things to do**30** Help CSSC grow

Signed up to Success

When you become a member of CSSC, you're signing up to an organisation that prides itself on a progressive approach. We work hard to keep up with industry standards not only in terms of what we offer but how we offer it to our members.

2018 was a record year for usage of CSSC's benefits by our members.

With approximately 1,500 volunteers, the success of our organisation is built on the hard work and tireless efforts of our volunteers who are responsible for the delivery of a substantial proportion of our members benefits.

With new and exciting events and opportunities on offer throughout the year, we'd like to think that we're continuing to keep pace with our vibrant member and volunteer communities.

CSSC's Annual General Meeting

DATE: Monday, 17 June 2019 **TIME:** 2:30pm

VENUE: The Celtic Manor Resort
(Beaumaris Suite), Coldra Woods,
The Usk Valley, Caerleon, Newport NP18 1HQ

The AGM is open to all subscribing CSSC members, who may attend at their own cost.

PLEASE BRING A FORM OF ID WITH YOU.



*Source: CSSC Volunteer Survey 2017

Civil Service Active Wellbeing Week

July 1-5 2019

It's time to make your move

Join CSSC and Civil Service Employee Policy (CSEP) for the nationwide Active Wellbeing Week.

Active Wellbeing Week aims to help change the lives of thousands of civil service and public sector employees by encouraging a healthier, more active lifestyle.

What to expect during the week?

- A nationwide 'pledging' campaign, encouraging individuals to make a personal pledge on how they intend to be more active.
- Daily prize draws.
- Events across the UK.
- Online and physical packs of tools and resources to help individuals and workplaces get involved during the week and beyond.



GET INVOLVED

Contact activewellbeing@cssc.co.uk or visit activewellbeing.me.uk



LEISURE SCENE QUIZ



Answer these questions to be in with a chance of winning vouchers from a retailer* of your choice. You'll find all the answers in this issue of Leisure Scene.

Q True or False: Fencing is one of the activities on offer at the 2019 Games?

A

Q If customer support team leader Jade Anderson had to be a pair of shoes, what would she be?

A

Q On what date was CSSC formed?

A

Q How many trips do the CSSC hillwalkers do each year?

A

Q During what week is it time to make your move with Active Wellbeing Week?

A



To enter submit your answers at
cssc.co.uk/quiz

together with your choice of retailer.

*Depending on availability from retailer.



Getting suitable travel insurance at an affordable price can be a problem for many people.
The Civil Service Insurance Society (CSIS) explains how you can get the right level of cover and hopefully at a reasonable price.

Many of us would like to travel and visit places we've always dreamed about. But sometimes the cost of travel insurance with a medical condition can be prohibitive.

The CSIS European travel policy automatically covers pre-existing conditions provided you are able to meet the clear and simple Health Conditions (5 questions) asked by the policy. Even then if not able, or for Worldwide cover, many conditions

can be provided for, it's just a question of contacting CSIS for a quote and then undertaking Medical Screening. A service that is proven and a product that delivers a quality of cover, competitive prices (now with a discount, see below) tailored to your needs.



Under this scheme we also offer a 10% discount to CSSC members.
For terms and conditions visit

csis.co.uk/cssc

TRAVEL50Plus



Last year we took this one step further for CSSC members over the age of 50 by offering a Travel50Plus scheme, an Annual Worldwide Policy that is enormously popular with members.

It offers a broad range of benefits at competitive premiums, including:

- Full Worldwide Cover
- No Medical Screening Information required
- No limit to the number of journeys
- Any single trip can last for up to 65 days (45 days in USA, Canada, Caribbean)
- Winter Sports Cover up to 17 days

The scheme is only available to members who are residents of the United Kingdom.

From 1 April 2019 the scheme is available to members aged 50 to 74.



For full details, visit
travel50plusinsurance.co.uk

or call the CSIS Travel Team on

01622 766960



Join us for some fun competition.

Whatever your sporting ability there is an event for you!

CSSC Games is back!

12-13 September 2019 at Loughborough University

The CSSC Games is our flagship event and a fantastic one to be involved in, whether you're one of the competitors taking part or one of our much-valued volunteer team making it happen, we are looking forward to seeing you there.

Events at the CSSC Games 2019

Archery	Mixed Badminton
Mixed Basketball	Chess
Console Gaming	Fencing
Men's Masters Football*	
Men's Open Football*	
Mixed Golf*	Mixed Hockey*
Indoor Games	Karting
Ladies' Netball	Photography
Pool	Mixed Rounders
Squash	Table Tennis*
Tennis	Mixed Touch Rugby

Want to enter a team sport but you're not part of a team, or not sure you'll have a full team to enter? Get in touch with the events team at csscgames@cssc.co.uk and we'll do all we can to match part entries so you can participate.

Fancy being a superhero or villian?

Join us on Friday night at Loughborough Student Union for fantastic entertainment, get a team picture taken in the photo booth and win prizes for the best fancy dress. Entertainment has also been planned for Thursday evening at the Student Union. There'll also be a quiet bar available on both the Thursday and Friday evenings at the residents village.

Fancy dress optional!

Book Now!

Closing date for entries is 28 June 2019. Prices include all meals, entry into the competition, sports facilities, accommodation and entertainment. If you want to compete but don't want to stay overnight, see the day visitor only price below. This includes competition entry fees, lunch and entertainment.

£80.00	Single ensuite 1 night
£100.00	Single ensuite 2 nights
£125.00	Single ensuite 3 nights
£65.00	Single standard 1 night
£80.00	Single standard 2 nights
£95.00	Single standard 2 nights
£20.00	Day visitor only
£20.00	supplement for those participating in golf
£30.00	supplement for those participating in karting



For more details visit
cssc.co.uk/csscgames
 or contact the events team on
01494 888438
 or email csscgames@cssc.co.uk

Sponsored by



csis.co.uk

TECHNOLOGY IS ALWAYS EVOLVING, & SO ARE WE!

Over the past 12 months, we've asked different groups of members and volunteers how we can provide you with a better online experience.

Based on your feedback, we're on a journey of continuous improvement, where we'll be investing in the latest technology and adopting new processes to ensure we can deliver the best possible experience for you.

Our new website will be launched in the summer of 2019 with many attractive features:

Simplified login

Sleek new design

Easier site navigation

Improved search capabilities

Smoother purchasing



We are also launching our new events system allowing you to book and pay for events online.

Email addresses

Your email address is the key to login to the website and access all the great benefits on offer.



If you haven't registered your email address you can do so here:

cssc.co.uk/emailcapture

When you call CSSC you're greeted by our friendly team of customer support advisors.

Have you ever wanted to see who's on the other end of the phone? Find out who's taking your calls, and what the most common questions are.



"Hello CSSC speaking, how can we help?"

If **Jacob Baimbridge** had a time machine he'd visit 1985 for the premiere of Back to the Future and if he could eat one thing for the rest of his life it would be his Grandma's macaroni cheese.

Jacob gets asked this question all the time:

Q My CSSC card isn't accepted at the supermarket, how do I get the shopping discounts you told me about?

A Retail and supermarket discounts are only available through the My Savings+ platform. To access these discounts, login to cssc.co.uk, click on 'My Savings' where you can purchase reloadable gift cards, e-Codes and vouchers for use at high street shops and supermarkets (not redeemable by showing your CSSC membership card.)

When she was five, **Jessica Folmer's** dream job was to be an astronaut and if she could, she'd un-invent social media. The question she's asked the most is:

If **Sandra Jeffries** was an inanimate object for a year, she'd be a TV and if she could speak only one word for the week it would be 'love'. She's often asked:

Q I've moved house and/or employer, how do I update my details?

A You can update your details by logging in to cssc.co.uk and visiting the 'My CSSC/My Account' page. Within this section you can update your personal and employment details, address, as well as update your communication preferences and interests. Name changes must go through head office by calling 01494 888444 or headoffice@cssc.co.uk

Q Can my husband/wife/partner use my CSSC membership to take the family to visit English Heritage sites without me being there?

If team leader **Jade Anderson** was a pair of shoes, she'd be Dr Martens and the sound of other people chewing loudly drives her mad. She loves answering this commonly asked question:

Q I'd like to visit the Historic Royal Palaces. How many people can I take and what do I need?

A You can take up to 3 guests with you for free. You'll need your CSSC membership card (plastic or digital), photo ID and the correct voucher for whichever site you're visiting. Login to download your voucher at cssc.co.uk/HRP

A Membership at CSSC is individual and valid only for the named member on the membership card. While English Heritage, Historic Royal Palaces and

Nazia Parveen is good at keeping secrets and loves pineapple on her pizza. She says one of her most commonly asked questions is:

Q I've lost my membership card; how do I get a new one?

A Login to cssc.co.uk and complete our online membership card request form which you will find in the 'My CSSC/My Account' page. You'll then receive an email containing your digital membership card within 2 working days.

Cadw sites allow you to bring friends and family along, the person named on the membership card needs to be there too. Photo ID of the member is required.

! CONTACT:
headoffice@cssc.co.uk
01494 888444

Learn How to Stress Less This April for Stress Awareness Month

In a recent survey, the Mental Health Foundation reported that 74% of UK adults have felt so stressed at some point over the last year they felt overwhelmed or unable to cope. "Individually we need to understand what is causing us personal stress" says director of the foundation Isabell Goldi, "and learn what steps we can take to reduce it for ourselves and those around us." While stress isn't a mental health problem in itself, it can lead to depression, anxiety and physical health problems like cardiovascular disease, digestive, joint and muscle problems.

Common Causes of Stress:

Long-term health conditions

Debt

Work

Technology

the obligation of instant response & social media

Appearance and body image

How to Spot Stress:

Scott Laidler, a personal trainer and development coach says that these are some of the signs to look out for;

PHYSICAL: a pounding heart, elevated blood pressure, sweaty palms, tightness of chest, aching neck, jaw and back muscles, headache, chest pains, abdominal cramps, nausea, trembling, sleep disturbance, tiredness, susceptibility to minor illness, itching, being easily startled, forgetfulness.

MENTAL: your mind racing or going blank, not being able to 'switch off', a lack of attention to detail, lack of self-esteem and confidence, disorganised thoughts, a diminished sense of meaning in life, a lack of control or the need for too much control, negative self-statements and negative evaluation, difficulty in making decisions, a loss of perspective.

BEHAVIOURAL: becoming withdrawn and not wanting to socialise, increasing your alcohol, nicotine or drugs intake, under or over eating, becoming accident prone and careless, becoming impatient, aggressive or compulsive, managing time poorly and losing out on leisure activities.

FEELINGS: irritable, angry, depressed, jealous, restless, anxious, hyper alert, unnecessarily guilty, panic, mood swings, crying easily.

How to Beat Stress:

1 The number one tip to fighting stress is exercise. It won't make your problems disappear, but getting regular exercise will help clear your head, freshen your perspective.

2 Feelings of powerlessness are one of the main contributors to stress, so try turning a passive mind-set into an active mind-set by turning your 'problems' into 'challenges', and take positive steps to find solutions.

3 "Accept the things you cannot change" is good advice when it comes to stress. The Buddhist philosophy that suffering = pain x resistance demonstrates how acceptance causes less suffering than struggling vainly against it – whether it's small daily things like accepting that your inbox will always have unread emails, or big things like dealing with the loss of a loved one or a health issue.

4 When overwhelmed at work, you can lose confidence and become irritable or withdrawn. Try taking short breaks throughout the day; go for a walk, chat with

a friend, practice a relaxation technique and get away from your desk for lunch. These things will help you relax and recharge and be more, not less, productive.

5 Bad habits only exacerbate the effects of stress. Instead, turn your attention elsewhere during times of stress and you'll likely ride it out without making things worse.

6 Connecting with friends and family is an excellent way to help manage stress. Turn to the people you trust and ask for help whether it's having a chat over coffee or enjoying an activity together, evidence proves that good relationships make us stronger and keep us healthier in mind and body.

7 Professor Cary Cooper, an occupational health expert at the University of Lancaster explains that people who help others, through activities such as volunteering or community work, become more resilient and maintain a better perspective about their own problems.



CSSC

the first 100 years

CSSC's centenary will seek to capture the imagination of our members, volunteers and partners. It will be a means of promoting CSSC and encouraging ideas for the future.

Our centenary celebrations will begin in March 2021 in Westminster, with a musical celebration featuring the Whitehall Orchestra and the Etcetera Choir. Volunteers from across CSSC will then transport a time capsule in a relay around the country to embrace our many affiliated associations, sports events and CSSC locations.



The Duke of York Trophy

Key National Events



Centenary reception

CSSC's centenary reception will be held in the George Thomas Room in Central Hall, Westminster; the very room that CSSC's inaugural meeting took place in on 4 November 1921. So on 4 November 2021, we will host a reception to celebrate the formation meeting and the return of the centenary relay after its journey around the country.

The time capsule, containing key items from CSSC's history, will then be displayed permanently in the George Thomas Room.

Centenary garden party

In September 2021, a volunteer reception will be held at Kensington Palace in the presence of HRH The Duchess of Gloucester.

Inter departmental sport event

The Duke of York Trophy was introduced in 1924 for inter departmental sport and will play a key part in the centenary celebrations.

CSSC centenary games

The CSSC Games 2021 will be a showcase event for CSSC sport and physical activity, reaching out to all parts of the membership.

CSSC centenary challenge

The Civil Service Athletics Association, an association with a long and illustrious history dating back to 1864, will manage a CSSC Centenary 5k Challenge series in London, the Midlands and in the North of England, Scotland and Wales.

Representative sports event against the services

Representative sport has long played a part in CSSC's history and continues to this day. Each member who represents CSSC during the centenary year will receive a representative badge, a tradition introduced very early in CSSC's history but currently not practiced.

Curtis Bennett 11-a-side cricket shield

In a leaflet commemorating CSSC's coming of age in 1942, several references to Sir Noel Curtis Bennett (CB) appear including the following from HRH The Duke of Gloucester KG: "To have reached 21 years and to have achieved so much for all grades of HM Civil Service is a fine record and one of which the Council and especially its founder, Sir Noel Curtis Bennett has every right to be proud".

All affiliated associations and clubs will be encouraged to participate in this event in 2021 in recognition of CB's role in founding CSSC.



Find out how you can get involved at cssc.co.uk/centenary or contact centenary@cssc.co.uk

No Walk in the Park

Sue Porter first discovered parkrun in September 2012.

"I took the tram from Manchester City Centre to the Heaton Park parkrun and just kind of joined in" recalls Sue, "I didn't hear the first-timers' briefing or ask any questions but I remember the joy of finishing and the endorphin boost."



Sue admits that when it came to running, it wasn't instant love and a painful fall meant that she couldn't get back out for another six weeks. But over the next six years, parkrun became part of Sue's weekly routine, and indeed, "an intrinsic part of my life and my wellbeing."

Inspired by the Olympics and Paralympics, Sue used the NHS Couch to 5K (C25K) app to get started. **"I was staying at my Mum's" says Sue, "setting out, aged almost 49, on my very first attempt at running."** Everyone she's ever spoken to since about Couch to 5K, agrees that the first time is dreadful. **"Running for even one minute was intensely difficult for me, but at the time, I thought it was just me being useless!"** But Sue kept going. Motivated to give something back to MacMillan Cancer Care, she'd already signed up for the Great Manchester 10k in 2013.

By the time Sue attended her first parkrun, she was already hooked on running and very soon became hooked on parkruns. **"Heaton Park parkrun was much smaller back then, even the idea of parkrun was much smaller" recalls Sue, "and soon I began to recognise other parkrunners, plus I was getting faster. The weekly text increasingly congratulated me on a new personal best, which was such a buzz. It really extended the positive endorphin rush."**

Every parkrun is managed by a core group of volunteers supported by parkrunners, who are all asked to volunteer at least three times per year. Volunteering gave Sue the opportunity to interact

with fellow runners and friendships grew as a result. **"They became a support network that I have relied on several times over the years"** says Sue. While she's had a turn at scanning barcodes, marshalling, taking photos and guiding visually-impaired runners amongst many other roles.

Sue's favourite task is pacing; wearing a bib with a specific number that denotes average pace, which helps other runners to achieve their personal best.

Last year, however, everything changed for Sue. She fell into a life-threatening episode of sudden and deep depression and had to take six months off work. During that time, her parkrun friends rallied round and supported her; taking time out in the week to encourage Sue out for a run or a walk.

"On parkrun day, formerly known as Saturday" Sue smiles, "they surrounded me with love, compassion and space to recover."

Almost a year on and Sue is well into recovery mode; she is now back to working full-time and continuing on her parkrun journey. **"I was late to the party with last year's CSSC parkrun challenge but this year I will be in from the start."**

"It really is so much more than a run in the park" says Sue "it has become the foundation of my health, both physical and mental. It is my happy place and the perfect antidote to a tough week in the office."

Recently, Sue fulfilled a dream of running with her partner, her daughter-in-law and both of her sons for her 55th birthday, **"the crowning event to celebrate life."**

Whether it's around a lake, up a hill, along the beach or on tarmac, gravel or grass - parkrun aims to have a free, timed, weekly event in every community that wants one.



To register for CSSC's parkrun challenge email:
linda.irwin@cssc.co.uk
with your CSSC membership number.

Then register on the parkrun website and select '**CSSC Sports and Leisure**' as your parkrun running club.

cssc.co.uk/getactive

PRIZE

Every month, from February to October,
4 lucky members will win

£20 worth
of Love2Shop vouchers

In addition, at the end of April, July and October, members who have completed the most amount of parkruns will go into a draw and **2 members will win**

£30 worth
of Love2Shop vouchers

**ALL THE MORE REASON
TO COMPLETE A PARKRUN
EVERY SATURDAY!**

"I swam all the way to France!" says CSSC member Rachel Simmons. "Well, not really" she jokes, "because I'm terrified of fish, but I did complete a 22-mile swim."

Rachel Simmons Swims to Success ...with the help of CSSC

"I always loved swimming as a child and have re-discovered my love for it through these swimming challenges and exercising in general where I can."

This is the second year Rachel has taken on the annual Swim 22 Challenge, and while it's an impressive feat of strength and commitment in its own right, for Rachel, this is even truer because she suffers from Lymphoedema.

Lymphoedema is a progressive condition that affects both of Rachel's legs, causing them to become swollen with excessive fluids that her lymphatic system cannot process efficiently.

It runs in families and can be triggered by surgery, inflammation, disease and infection and for Rachel, it began after a minor accident.

While Rachel is lucky to receive excellent treatment from St Oswald's Hospice, her mobility is still severely compromised and she's had to rely on crutches, wheelchairs and mobility scooters. To make things worse, as Rachel's condition led to weight gain, she later developed type 2 diabetes.

Almost three years ago Rachel had had enough. She took matters into her own hands and joined Slimming World. With support from her mother and husband, Rachel lost over 30kg. Bariatric surgery in July 2018 enabled Rachel to shed even



Raising money for Diabetes UK, Rachel carried out her swim in a pool completing a total of 1,465 lengths over a three-month period.

more weight, reducing her weight by almost 70kg in total, which helped her to reverse her diabetes diagnosis and improve her Lymphedema condition considerably.

Rachel received a £200 subsidy from CSSC's sponsorship scheme to take part in the Swim 22 Challenge, and used the opportunity to raise money for Diabetes UK to increase awareness of the condition that affects a number of Rachel's family members.



"With the right treatment and care" says Rachel, "people can live long and healthy lives and have much less risk of experiencing complications."

From a weight and health perspective, Rachel admits, she "still has a long way to go, but with support, including that of CSSC and its lovely members, I will get there. Thank you."

! If there's a challenge or event you'd like some help with, get in touch with CSSC and find out how we can financially assist you through our sponsorship scheme.

cssc.co.uk/getactive

If you love to play sport and enjoy a bit of friendly competition, sign up to take part in one of CSSC's sporting events today.

Whether it's beating a personal best or simply the fun of playing as a team, signing up to play a sport will give you the chance to challenge yourself, make friends and build confidence.



For the full sports listing visit:
cssc.co.uk/thingstodo

Hillwalking

Join our very welcoming community of hillwalkers on one of their six adventures around the UK taking in glorious scenery and terrains. All standards of walkers are welcomed.

Angling

Take part in our regional boat, coarse, game and shore angling events and you could qualify to compete in one of our four national finals. Alternatively, you can join our open events in pike and shore angling, which anybody can enter, no matter what levels of experience you have.

Bowls

Play bowls your way, with three different varieties to choose from; indoor bowls, flat green bowls and crown green bowls. Our indoor and crown green are national finals which means you need to qualify to compete whereas the flat green is an open event, catering for all abilities.

Target shooting

Take aim and fire in CSSC's open championships, including competitions in target rifles, short range and long range amongst others. The annual championships are staged at the prestigious Bisley Shooting grounds.

Cricket

Grab your whites and join our 11-a-side national open competition, open to both men and women, to compete for the Curtis Bennett Shield.

Volleyball

Whether you love the sun and sand or prefer more solid ground, get your volleyball fix at the indoor and beach volleyball open championships. Teams can be women's, men's or mixed. Join the fun and enter a team into either of the championships.

Squash

Get ready to squash your opponent with CSSC singles, masters and team competitions, open to everyone. There is also a racketball open tournament.

Swimming

We welcome all standards of swimmers and divers to our open championships and for those who want to brave the elements, an open water swim is also an option.

Hillwalking



Angling



Bowls



Target shooting



Cricket



Volleyball



Squash



Swimming





Pilates classes at IOPC

CSSC understands the difficulties and financial risk of setting up a new activity at work. We're here to help your workplace get active.

The Independent Office of Police Conduct in Wakefield were awarded £250 to help pay an instructor for a new lunchtime Pilates class. The initiative was implemented to bring colleagues together socially and to help them experience some of the proven benefits of Pilates including improved stability, flexibility, posture and strength.

Everyone loved the classes even though most had never tried Pilates before.

CSSC's physical activity fund played a big role in helping the staff implement the trial. Now that people have had the opportunity to experience the positive results of Pilates, many have said they would try it again and found it beneficial to their fitness, back strain and tension.

"Loved it. It was so relaxing and great for my bad back. I would definitely do this again. Huge thanks to our lovely instructor for being supportive and inclusive for those of us who are slightly less fit."

"Working in a fairly stressful and tiring job I find it difficult to commit to classes after work as I'm more than likely too tired to go. Having something to break up the day was great."

CSSC's physical activity fund isn't always about starting a class or testing the water for a new activity. The team at Worsley Job Centre Plus asked CSSC for help buying a table



If you feel inspired to organise an activity in your workplace get in touch and apply today.

**cssc.co.uk/getactive or
linda.irwin@cssc.co.uk**

Shake it Up & Shake it Off

Whether it's a brisk walk around the park at lunch or a fitness class after work, exercise is a great way to relieve any work stress. Here's what some of our members are doing to shake off the tension.

Table Tennis at Worsley Job Centre Plus

"I use the table tennis table every day, I love it. It distracts me from the treadmill feel of the job, it improves my mental and physical wellbeing, it's awesome!"



tennis table in their conference room in the hope that it would provide a fun way for their staff to let off some steam during the working day and get some light activity.

The reaction has been overwhelmingly positive, with many admitting they haven't played since secondary school, agreeing that it provides an excellent opportunity to take a break from the computer screen and a welcome strategy to alleviate stress.

No matter your level of ability or your rank within the office, the table tennis table is available to everyone, proving to be a smash hit with all Worsley Job Centre Plus staff; even the senior managers attending meetings in the conference room have been spotted playing table tennis.

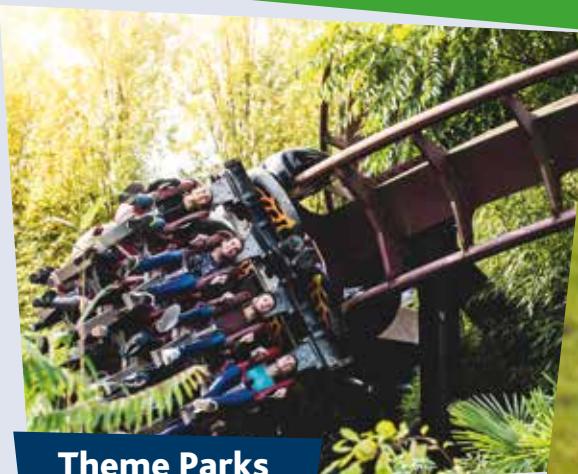
"It must be 40 years since I last played table tennis but now I have a regular game with Andy (my nemesis) and I have to say that it's a welcome distraction from work as well as a little exercise and fun."

Get out and about with CSSC

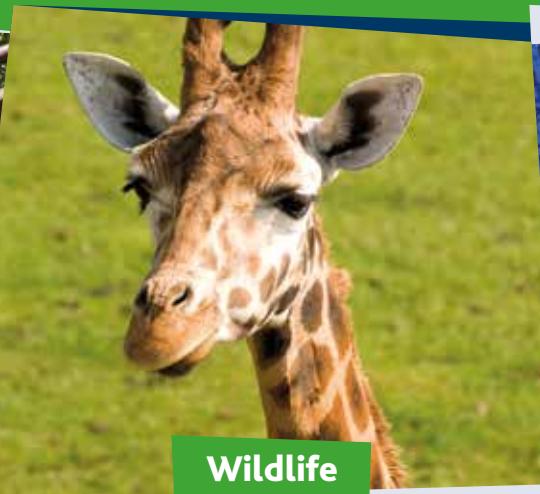
Our vast range of attractions are guaranteed to get you off the sofa.

Visit some of the UK's most famous attractions or take a thrill ride with the kids at a theme park.

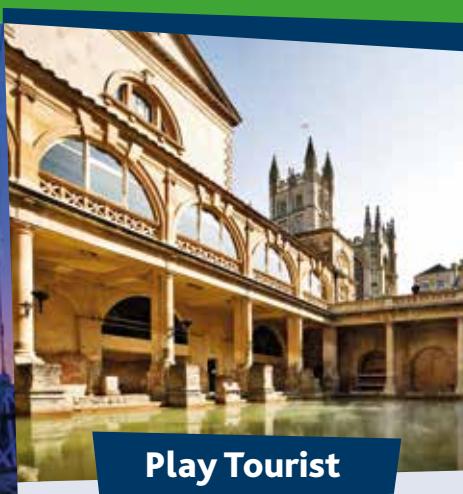
From museums and zoos to gardens and towers escape into life with CSSC.



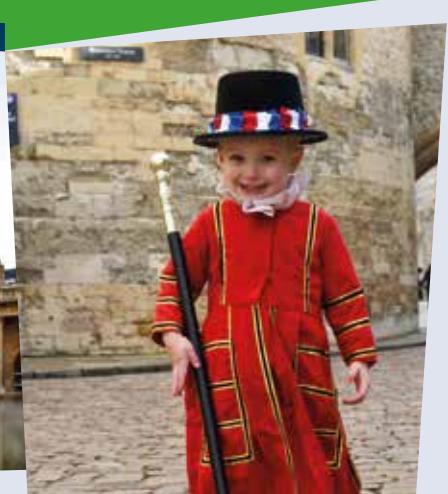
Theme Parks



Wildlife



Play Tourist



Whether you have little ones who love the slow rides, teens who want to take it to the limit or you love the thrilling twists and turns of a roller coaster, CSSC membership gets you incredible discounts at your favourite theme parks across the UK.

There's nothing quite like seeing the world's most fierce and exotic creatures in the flesh. With discounts to many of Britain's favourite zoos and aquariums you can walk through shark tunnels and explore coral caves, or see the animals of the safari and walk beside wild wolves.

Is there a national treasure in your neighbourhood that you haven't visited yet?

Be a tourist and explore the wonderful sites of Britain with a little help from CSSC. Membership gets you discounted entry to some of the most iconic sites of Britain.



For more exciting adventures visit: cssc.co.uk/thingstodo



Tickets are limited and subject to seasonal availability.

What's your next adventure?

Grab 2019 by the horns by trying something different, something unexpected, something thrilling. Use your membership as a gateway to outdoor adventures, adrenaline-fuelled excitement and unique learning opportunities.



Clay Pigeon

Test your aim with a day of clay pigeon shooting at Martin Gorse Wood. A small, friendly and popular venue, the club is situated between Dover and Deal in the lovely Kentish countryside. With a variety of stands and a large sporting layout, you'll never tire of your targets.



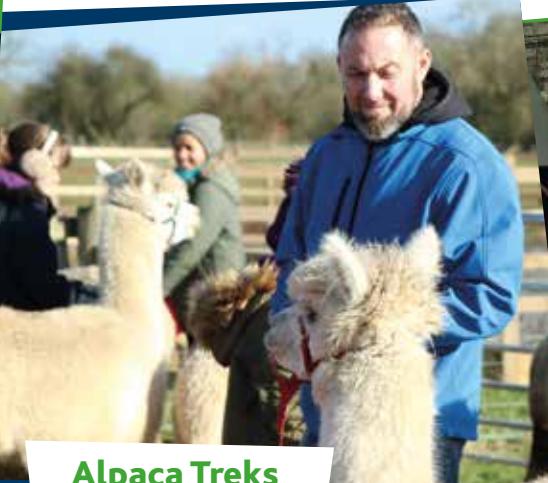
White Water Rafting

There's gallons of fun to be had at Lee Valley White Water Centre, from white water rafting on the Olympic course to family paddling on our lake. Just an hour's drive north of London, the Lee Valley White Water Centre caters for all ages and abilities.



Track Cycling

Take your cycling to the next level with an authentic velodrome experience at Lee Valley VeloPark's indoor velodrome, the fastest track in the world. Everyone from beginners to elite riders are able to ride the track at this iconic venue on Queen Elizabeth Olympic Park.



Alpaca Treks

Ever wanted to take an alpaca for a walk? Described as confidence-building and idyllic, CSSC members absolutely love this experience. So, we've made sure we've got a big range of alpaca walks and treks on offer across the UK from Peeblesshire in Scotland and Aston Abbotts in Oxfordshire to Wells-Next-the-Sea in Norfolk.



Blacksmithing

Learn the ancient art of blacksmithing with Adrian Wood of AW Artist Blacksmith. Situated in the rural outskirts of Yarm, in the heart of the Tees Valley, Adrian has been creating handcrafted forge work since 2004. The day is fully hands on; as well as learning the basic principles of blacksmithing, you will make up to three items to take home with you.



For more exciting adventures visit: cssc.co.uk/thingstodo

How can I help?

Do you love being part of CSSC? Are you an active member?

Help CSSC grow by signing up to become one of our office champions. Be our port-of-call in your department, spread the word among your colleagues and help others to achieve a more active, vibrant lifestyle both at work and home.

You can do as little or as much as you are able to, and you'll have the full support of your dedicated volunteer team leader in your area.



Get in touch with Yoana at
yoana.petrica@cssc.co.uk

to enquire about becoming an office champion or to arrange for one of our sales team to visit your office.

SALES TEAM



VOLUNTEER TEAM



Alan Lewis

North West, North Wales, Yorkshire & Midlands

alan.lewis@cssc.co.uk

07507 682691

Aris Giannakou

London

aris.giannakou@cssc.co.uk

07802 482338

Daniel Barrett

South, South East & Midlands

daniel.barrett@cssc.co.uk

07391 418540

Andy Burdett

National Volunteer Manager

andy.burdett@cssc.co.uk

07802 482332

Chris Edge

South & South East

chris.edge@cssc.co.uk

07534 966458

Colette Hampson

North East & Yorkshire

colette.hampson@cssc.co.uk

07384 892572

Phil Wright

National Sales Manager

phil.wright@cssc.co.uk

01494 888458

Scott Thorne

South West & South Wales

scott.thorne@cssc.co.uk

07384 893642

Steven Toms

Scotland

steven.toms@cssc.co.uk

07802 482335

Zoe Busby

North East

zoe.busby@cssc.co.uk

07384 893643

Jon Bunyan

Wales

jon.bunyan@cssc.co.uk

07703 124780

Lucy Andrews

North West

lucy.andrews@cssc.co.uk

07903 282004

Lucy Vizor

Eastern

lucy.vizor@cssc.co.uk

07384 892573

INTERNAL SALES TEAM

Hamees Ahmed

hamees.ahmed@cssc.co.uk

01494 360011

Michele Gwilliams

michele.gwilliams@cssc.co.uk

01494 419104

Yoana Petrica

yoana.petrica@cssc.co.uk

01494 888458

Michelle Chelu

Midlands

michelle.chelu@cssc.co.uk

07951 342034

Natalie Parry

South West

natalie.parry@cssc.co.uk

07903 281957

Siobhan Hogg

Scotland

siobhan.hogg@cssc.co.uk

07802 482328



EXCLUSIVE CSSC MEMBER OFFER

5 STAR RATED INSURANCE THAT REWARDS YOU FOR IMPROVING YOUR HEALTH.

CSSC MEMBERS WHO TAKE OUT LIFE OR PRIVATE MEDICAL INSURANCE WITH HEALTH REWARDS WILL BE ENTITLED TO:

A DISCOUNTED APPLE WATCH SERIES 3 OR 4
UP TO 50% OFF GYM MEMBERSHIPS WITH
VIRGIN ACTIVE, NUFFIELD HEALTH AND DAVID
LLOYD GYMS
EARN MONTHLY AMAZON PRIME MEMBERSHIP
FOR FREE
50% OFF TRAINERS AT RUNNERS NEED
UP TO 25% OFF HEALTHY FOOD AT OCADO

GET ACTIVE AND EARN:

FREE WEEKLY CINEMA TICKETS
FREE WEEKLY STARBUCKS DRINK

PLUS FANTASTIC DISCOUNTS SUCH AS:

UP TO 40% OFF BRITISH AIRWAYS FLIGHTS
MR & MRS SMITH DISCOUNTS
75% OFF 2 AND 3 NIGHT SPA BREAKS AT
CHAMPNEYS

GET A DISCOUNTED WELLNESS CHECK & YOU CAN
REDUCE YOUR INSURANCE PREMIUM EVERY
YEAR!

LIFE INSURANCE DOESN'T HAVE TO BE BORING -
CALL HEALTH REWARDS TODAY ON 0800 881 5666

CONTACT US

0800 881 5666

info@health-rewards.co.uk
www.health-rewards.co.uk



PRIZE DRAW

RECEIVE A QUOTE FOR LIFE
OR HEALTH INSURANCE
BEFORE THE 1ST OF MAY TO BE
ENTERED INTO A PRIZE DRAW
FOR:

1ST PRIZE APPLE WATCH
SERIES 4

2ND PRIZE GARMIN VIVO FIT 3

3RD PRIZE GARMIN VIVO FIT 3

TO ENTER GET A QUOTE
AT [WWW.HEALTH-
REWARDS.CO.UK/CSSC/](http://WWW.HEALTH-REWARDS.CO.UK/CSSC/)

TERMS AND CONDITIONS
APPLY

