

# LEISURE SCENE

ISSUE 54  
Spring/Summer 2016



**NEW**

**My Savings +**

*new exciting online savings portal*

**Fascinating histories**  
of our longest serving members

**Sponsorship Scheme**  
success stories

**HELP IDOR**  
raise £1.1M



## Welcome to LEISURESCENE

My name is Lara, I'm the new editor of Leisure Scene and I'm really looking forward to my role and sharing all the news and personal stories of CSSC.

Everyone loves a good spring-clean, so we've freshened up our look across the magazine, but rest-assured that you'll still find everything you love including news, offers, competitions, features, member benefits and more inside.

In this issue we look at why eating a variety of richly coloured fruits and vegetables is important to maintain good health, we also look at some very special long-serving members. The 150th anniversary of IDOR's Life Boat Fund brings with it some big fundraising news and we find out what's on offer with the newly launched My Savings+ portal.

Enjoy the spring issue.

Lara

### Please send all Leisure Scene feedback and contributions to:

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High Wycombe, Bucks HP13 5DR  
**Tel:** 01494 888444

**COPY DEADLINE FOR ISSUE 55  
OF LEISURE SCENE IS 21 AUGUST 2016**

*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://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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## STAY IN TOUCH

If you'd like to receive regular emails about our forthcoming events and activities both in your area and nationally, then simply let us know your email address.

Visit [cssc.co.uk/emailcapture](http://cssc.co.uk/emailcapture) and follow the prompts and you'll receive your first email in no time, as well an automatic entry to our draw to win one of five £20 SayShopping vouchers.

**Closing date: 30 June 2016**

## Stay With CSSC FOREVER

Just because you've left your job, the civil service or public sector doesn't mean you have to leave CSSC. Once you're part of CSSC, you're welcome for life. If your situation changes, just give us a call on 01494 888444 and let us know.



# The Winner of a Family Trip to Disneyland Paris



Natalie Parry, Volunteer Support Advisor presents Jeff Griffin, who is a regional sports organiser for the South West, with his prize.

*"When Rob from Travel Adventure phoned to tell me I had won the 4 day all expenses paid holiday to Disneyland Paris for 2 adults and 2 children, I must admit it took a while before the penny dropped.*

*A challenging morning at the Jobcentre soon turned into a pretty joyous afternoon! I am now really looking forward to the trip at the end of May, I don't know who will be the bigger kid, my 5 year old grandson, my 25 year old step son, or me! Those who know me will have no doubt... it'll be me!"*



# My Savings +

CSSC launched the new member benefits portal called **My Savings+** earlier this year. Replacing the old Countdown\* system, My Savings+ is more flexible, offering members more ways to save money, take advantage of special offers and use our online resources to help you keep fit. See page 12 for more details about My Savings+.

\* With effect from 19 January our contract with Countdown ended.



## Rio Olympics 2016

We're calling all members who are involved in the 2016 Rio Olympics either as a competitor or volunteer to please get in touch. We want to hear about your involvement and experience – please contact us at: [lara.cory@cssc.co.uk](mailto:lara.cory@cssc.co.uk)

# MEMBER get MEMBER



**NEW**

The CSSC Member get Member scheme has had a makeover! We love it when you share your enthusiasm for CSSC membership with friends and colleagues, so we'd like to thank you by giving you £10 cashback for every new member you sign up.

Our new and improved scheme offers members greater flexibility on how to spend their cashback rewards. Using the new My Savings+ portal, you can accrue your earnings and use them to buy retail cards or transfer them to your bank account.

For more information visit [cssc.co.uk/mysavings](http://cssc.co.uk/mysavings)

# HONOURS

in recognition of  
club volunteers' commitment



HRH Princess Anne presents Vanda Jowett with her award

After 40 years of being an active member of Littleton Sailing Club, Vanda Jowett has been presented with a prestigious Royal Yachting Association Lifetime Commitment Award.

Vanda has taught adults and children to windsurf, helped with the building of the current clubhouse, produced promotional marketing materials and looked after club clothing sales. She was also the Solo Class Fleet Captain for around five years and Bar Secretary for around 10 years. Recently she has played an important part in developing and monitoring the club website, and organising open and sailing taster events.

Vanda said of her selection: *"I am honoured that Littleton Sailing Club has chosen to nominate me for this award. Discovering the sport of sailing as a teenager at Littleton has been a big influence in my life and I have enjoyed being able to contribute in any way I can to keep my home club thriving, so it can continue to offer opportunities for more people to take up sailing".*

For more information about sailing or volunteering with CSSC please email [volunteer@cssc.co.uk](mailto:volunteer@cssc.co.uk)



**HHA Friends can visit over 300 unique, wonderful historic houses, castles and gardens – free!**

- See magnificent palaces and intimate private family homes, all Grade I or II listed
- Visit the film and TV locations for *Downton Abbey*, *Poldark*, *SPECTRE* and many more
- Enjoy exquisite gardens and landscapes, including many designed by 'Capability' Brown
- You also receive a quarterly magazine and the chance to join special day tours

**As a CSSC member, you and your family receive a 25% DISCOUNT\* on HHA Friends membership**

**And if you join by 31 May 2016, you'll go into a prize draw for a complimentary hamper of fine food to make your day out even more special!**

[www.hha.org.uk/cssc](http://www.hha.org.uk/cssc)

01462 896688



**Check out our free iPhone, iPad and Android app**

\*1st year, new HHA Friends only. Cannot be used in conjunction with other promotions.

# Photography Competition!

## Health and Wellbeing



As CSSC's core focus is to promote health and wellbeing in the workplace, we thought it would be appropriate to have a theme of **health and wellbeing**. Send up to three photos that you feel best represent health and wellbeing to be in with a chance of winning one of the following prizes:

### Winner

£150 Amazon voucher

### Three Runners-up

£30 Amazon vouchers each

We look forward to receiving your entries. Entries should be sent (digitally only please) with your name, membership number and contact details to: **rebecca.brand@cssc.co.uk** by 15 June 2016.

See terms and conditions online at [cssc.co.uk/photocompetition](http://cssc.co.uk/photocompetition)

## Congratulations to our **EMOTION** Competition Winners

### Winner

Graeme Main



### Runners Up



Lucy Collins



Darren West



Alex Barnett

In the last issue of Leisure Scene we asked our readers if they could be one of the longest serving members of CSSC. We were delighted by the response, so let's take a look at some members who have been with us since the early '40s.

## Joyce Cole

Member since 1943 and is celebrating her 90th birthday this year

Joyce Cole has had a connection to CSSC since the 1920s when her father joined and has been a member herself since 1943. With a passion for hockey that began in 1942 as a young evacuee at the outbreak of WWII, Joyce soon made the first XI as goalkeeper and would go on to become County Secretary, then President, eventually founding the Joyce Cole Cup.

After school, Joyce joined the Health Ministry in 1943, she recalls, *"I had to sign the Official Secrets Act. I was issued with a security pass, locker key, towel and prized bar of wartime soap, and was also asked to join CSSC and Benenden Society, which I did and still remain a member."*

Joyce has enjoyed hockey throughout her whole life and was awarded an Associate Life Membership of the AEWHA and a CSSC Merit Award which was presented by the Duchess of Gloucester.

In 2016, a special celebration will be held at Beeston, Nottingham on 28-29 April and Joyce encourages all the original named team players out there to form a team and compete at this special event. Visit [cssc.co.uk/hockey](http://cssc.co.uk/hockey) for more information.



## John Law

Member since 1945

John Law has been a member since 1945, when wages were 24 shillings a week, The King was patron and Winston Churchill was one of the vice presidents. Working in Inland Revenue and serving in the R.A.F between 1946-1949, John resumed his Revenue job to retire in 1988. He joined the Blackpool & District Civil Service Snooker League as a member of the Taxes team in 1980 and is still part of the team today, winning the League Cup in 2012.







## Robert Spiller

Member since 1942

Bob Spiller has been a member since 1942 and has worked in the postal services since becoming a messenger boy at 14. Serving his two years of National Service with the Parachute Regiment Bob helped form the first ever Band of the Parachute Regiment as drummer and bugler.

A fan of football, Bob recalls *"I formed a boy messenger football team playing teams such as the Middlesex Fire and Ambulance and Hammersmith Civil Defence teams."* In 1962 Bob enrolled in the Territorial Army Emergency Reserve and served for 21 years, deployed to Germany, Cyprus and Bahrain ending his employment with the Long Service and Good Conduct medal and the rank of Staff-Sergeant. Bob is a life member of the Civil Service Football Club and an avid reader of Leisure Scene.

## Some other long-serving members...

### Les Hitchen

joined CSSC in 1947 when he started work with the Ministry of Pensions at Norcross, later moving to Warbreck Hill where the Ministry of Health was formed. Les joined the Civil Service (Blackpool) Angling Society and was Chair for over 30 years. His main interest these days is supporting Blackpool FC and salmon fishing every year near Aberdeen with his son.



### Alwyn Sheard

is still an active member who plays competitive bowls every week and is also involved with the Civil Service Crown Green Bowls.





## Take advantage of CSSC's subsidy schemes


### Activity Subsidy Scheme

The Activity Subsidy Scheme is designed to give you an incentive to take part in the events and races that appeal to you. Activities included in the scheme are running, assault courses (10km and over), cycling, wheelchair events and open water swimming.

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



### Training Subsidy Scheme



The Training Subsidy Scheme helps members who are interested in becoming a sports coach, referee, umpire or official by granting up to 50% off costs. Growing in popularity, this scheme offers subsidised training by accredited governing bodies for volleyball, archery, kite-surfing, equestrian, orienteering, climbing... and many more.

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

### Physical Activity Fund

The Physical Activity Fund helps members get fit, get active and try new things. Whether it's starting up a lunchtime yoga session in your workplace, organising a weekly badminton session or launching a family fun day, CSSC can help in a variety of ways. We can fund a one-off activity, help with start-up costs or pay for up to 8 sessions of your proposed activity.

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



# Success Stories

The sponsorship scheme provides financial assistance to members with disabilities or suffering economic hardships. For whatever reason you need financial assistance to carry on in your favourite sport or hobby, get in touch today to find out if we can help.

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

## CARMEL BASSETT

Visually impaired member Carmel Bassett and her spotter and husband Bob, qualified to take part in the World Para Archery Championships in Germany last year.

*"Thank you so much for the donation. It will be a great help. With the help of you guys and other sponsors we have already raised a good chunk of the money."*



## STACEY OWEN

Stacey Owen trained five times a week and completed several races during 2015 to be able to qualify for the OCR World Championships Race Day. She was able to compete in the 56 obstacle 10 mile course thanks to CSSC sponsorship.

*"Finishing was an indescribable experience... There is no doubt that I left absolutely everything I had on that course, and I'm ridiculously proud of myself...without the funding I wouldn't have been able to afford to go, and this was a dream come true."*



## My Savings +

NEW

CSSC's new member benefits portal

# My Savings+

is here

## My Savings+

replaces the old Countdown system, and it is with much excitement that we deliver the benefits of this new and improved savings scheme.

The new My Savings+ scheme has been designed to save you time and money in both your personal and professional life. It's easy to access on your Mac, PC, smart phone or tablet. Simply visit [cssc.co.uk/mysavings](http://cssc.co.uk/mysavings) and by completing the short login process you'll soon discover all the ways that the new scheme can save you money when shopping online, in store or over the phone.

With access to over 1,300 discount, cashback and voucher partners, My Savings+ works by bringing you the best deals, offers and savings. Whether it's a major retail brand, local shop or discounted high street and supermarket vouchers, My Savings+ will help you maximise your CSSC membership with a range of fantastic offers and features.

My Savings+ is delivered through benefits specialists Parliament Hill Ltd and People Value Ltd.

# SOME OF THE FEATURES *include:*



**In-store Offers**  
from your favourite retailers



**My Market Place**  
buy and sell, and pick up a bargain



**Online Offers**  
from over 2,000 participating stores



**My Greenbay**  
recycling to save the planet



**Competitions**  
free to enter with great prizes to win



**Lotto**  
£1,000 up for grabs each month



**Wellbeing**  
achieve better health through this rich resource



**Discounted Gym Membership**  
access to over 2,900 gyms through Incorpore

## Some of the retailers taking part and offering you the best deals in My Savings+


Login regularly and keep up to date with all the latest offers and discounts, and to take advantage of the wealth of information and features that can help you get fit, stay fit, discover your personal credit rating, manage debt, optimise your eye health and learn more about good health and wellness.

## Eat the Rainbow

Keeping track of nutrition and health trends can be challenging these days. With new advice being issued all the time and recommendations constantly evolving, there's one factor that remains constant throughout, and that's fruit and vegetables. While we might question the importance of meat, sugar and fats in our diet, no one has ever said that we should eat fewer vegetables.

Eating the rainbow is all about including as much colour in your diet as possible through a wide variety of fruits and vegetables. There's lots of reasons to eat from a big range of vibrant vegetation and getting your daily dose of vitamins is one, but there's much more to your five-a-day than just vitamins and minerals.

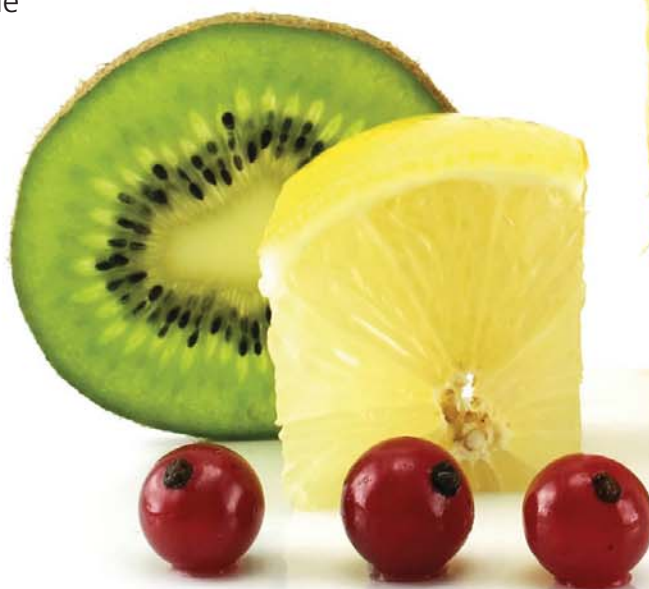
Phytochemicals are the compounds in plants that are responsible for their colour and provide them with protection from disease. It's believed that phytochemicals can also protect humans from things like cancer, inflammation, oxidation and infection.

Phytochemicals can be found in food like blueberries, cranberries, cherries, apple, cauliflower, cabbage, carrots and broccoli. And while these foods are most potent when eaten fresh and raw, tomatoes are supposedly best eaten after heating which allows our bodies to access a phytochemical called lycopene.

Bioflavonoids are also important for flower colouration, producing yellow or red/blue pigmentation in petals designed to attract pollinating animals. They also happen to be super-antioxidants.

Bioflavonoids support strong cellular growth and, according to some medical services, even deliver an anti-carcinogenic effect. They contribute to a healthy heart and help prevent atherosclerosis and conditions like

Alzheimer's disease. Include plenty of red peppers, berries, parsley, citrus fruits, Ginkgo biloba, broccoli, dark chocolate, bananas, onions, brussel sprouts, mangoes, garlic, spinach and tea to get a good helping of bioflavonoids in your diet.



Here are just some of the ways that the various colours in your diet can help protect you from disease and promote better health:

## RED

Peppers, tomatoes, watermelon and grapes contain capsaicin, lycopene and resveratrol that are high in antioxidants, anti-inflammatory and cancer-fighting properties.

## ORANGE

Pumpkin, carrots, apricots and squash contain beta-carotene that supports your immune system, skin and bone health and promotes healthy vision.

## YELLOW

Pineapple, citrus fruits and corn contain bromelain, limonoids and lutein which can ease asthma, indigestion, protect against cancer and cataracts.

## GREEN

Parsley, celery, green tea, kale and broccoli are high in chlorophyll, apigenin, catechins and isothiocyanates which help to prevent cancer, neuro-degenerative disease and cholesterol.

## PURPLE

Purple cabbage, berries and eggplant contain indoles, ellagic acid, and anthocyanins that can help ward off cancer, improve brain function and ward off stroke and heart disease.

# MEMBER

## My Savings+

Make the most of your membership with My Savings+ the new member benefits portal. Register online today to see all the great offers, discounts and resources available. To sign up visit [cssc.co.uk/mysavings](http://cssc.co.uk/mysavings)

## Member get Member

With the launch of our new and improved Member get Member scheme, you can now enjoy more flexible rewards. For every new member you sign up, you can now accrue cashback rewards within the My Savings+ portal. Spend your earnings on retail cards or simply transfer to your bank account.

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

## Subsidy and Sponsorship

Would you like to become an umpire, coach or sports official? Do you need financial help to achieve your sporting dreams? Want to start a fitness class at your workplace? Get in touch today to find out how we can help you with our range of subsidy schemes.

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

## Get Involved

Are you looking for ways to get more out of your membership? Flip to the back of Leisure Scene and browse the extensive list of national and regional sporting and leisure events on offer. Take part in bowling, angling, pool, squash, scuba diving or even a regatta.

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



# BENEFITS

## In it to Win it

Feeling lucky? Love to win? Find out what competitions are currently on offer at CSSC. Look out for chances to win in this issue of Leisure Scene as well as on the My Savings+ platform.

## Taster Days

Our taster days are the ideal way to explore new hobbies and sporting activities. Taster days allow you to try something new without the expense of committing to a club or investing in equipment. Go to page 18 to see what's on offer in 2016.

## English Heritage

When you become a member of CSSC, you also become a corporate member of English Heritage. Simply show your CSSC membership card upon arrival to get entry into 280 English Heritage sites and special events.

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

## Volunteer Today

It always feels good to give something back, so why not volunteer with CSSC? Join our community of volunteers to make friends, help out and take your membership to the next level. Find out what vacancies are currently available at

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

## Online Shop

Browse all the latest offers and discounts in our Online Shop. There are big savings to be had with everything from cinema tickets, theme parks and fine dining. Grab a bargain today

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



# OPEN

*to everyone, everywhere*

Taster Days are your chance to try something new, something unexpected. Sign up to one of these fabulous taster day events today! Open to all members, no matter where you live, taster days give CSSC members the opportunity to try something new in their area, or afar.

For more information on any of our taster days contact Jennifer Yarrow on **01494 888 434** / [jennifer.yarrow@cssc.co.uk](mailto:jennifer.yarrow@cssc.co.uk)

For upcoming events visit [cssc.co.uk/tasterdays](http://cssc.co.uk/tasterdays)

## LONDON

- Archery
- Bread Making and Cake Baking
- Canoeing
- Chinese Takeaway Classics Cookery Class
- Chocolate Making
- Circus Skills - Silks
- Cocktail Masterclass
- Dinghy Sailing
- Distillery Tour and Gin Tasting
- Fencing
- Golf Beginners Lessons
- Guided Walks
- Indoor Flying Trapeze Class
- Karting
- Krav Maga
- Kung Fu
- Paddle Boarding
- Photography for Beginners
- Rock Climbing
- Segway
- Sushi Making
- Trampoline Freejump
- Velodrome
- Wine Tasting
- Yoga at the Shard

- Cake Making and Baking
- Canapé and Wine Tasting
- Clay Pigeon Shooting
- Curling
- Flying
- Go Ape Tree Top Adventure
- Indian Cookery
- Karting
- Kite Surfing
- Target Shooting

## SOUTH EAST

- Archery
- Baking with Chocolate
- Boat Fishing
- Bowls
- Breadmaking
- Clay Pigeon Shooting
- Diving
- Go Ape Tree Top Adventure
- Husky Trekking
- Indian Spice Kitchen
- Karting
- Passionate about Patisserie
- Rock Climbing
- Skiing and Snowboarding
- Sledge And Slide
- Water Skiing

## YORKSHIRE

**SCOTLAND**

Annandale Distillery Tour and Tasting  
Bowls  
Bread and Baking Day  
Chocolate Workshop  
Clay Pigeon Shooting  
Clydedale Horse Riding Experience  
Cocktail Masterclass  
Curling  
Gin and Mixer Tasting  
Go Ape Tree Top Adventure  
Indian Cookery Classes  
Indulgence Experience  
Introduction to Wine Course  
Karting  
Life Drawing  
Master Pasta  
Painting and Drawing Class  
Patisserie Masterclass  
Segway  
Snow Ice Slide  
Snowboarding and Skiing  
Tennents Tour and Beer Tasting Masterclass  
Velodrome

**NORTH EAST**

4 X 4 Driving  
Alpaca Trekking  
Archery  
Beer and Food Matching  
Blacksmithing for Beginners  
Bouldering Rock Climbing  
Bread for Beginners  
Christmas Stocking Workshop  
Clay Pigeon Shooting  
Cupcake-a-licious- Cupcake Decorating  
Dinghy Sailing  
Dinner Party Cooking  
Fabulous Fascinators  
Falconry Morning  
Get Gorgeous Pamper Workshop  
Go Ape Tree Top Adventure  
Golf for Beginners  
Great Geordie Summer Bake off  
Karting  
Newcastle Racecourse Ladies' Day  
Recrafted and Reloved Craftea Afternoon  
Skiing and Snowboarding  
White Water Rafting

**WALES**

A taster of India Cookery  
Archery  
Blacksmithing for Beginners  
Bounce Below  
Bread Baking Course  
Bushcraft  
Cheese Making  
Chocolate Workshop  
Clay Pigeon Shooting  
Conwy Beer Tour and Tasting  
Go Ape Tree Top Adventure  
Gorge Walking  
Horse/Pony Trekking  
Murder Mystery  
Penderyn Distillery Whisky Masterclass  
Skiing and Snowboarding  
Snow Tubing  
Surfing  
Velodrome  
White Water Rafting  
Wine Course  
Zip Wire

**SOUTH WEST**

Adventure Caving  
Archery  
Basic Cake Decorating  
Beginners Blacksmithing  
Beginners Glass Blowing  
Bouldering  
Bread Baking  
Chocolate Workshop  
Clay Pigeon Shooting  
Equestrian Taster  
Fly Fishing  
Go Ape Tree Top Adventure  
Hill Walking  
Karting  
Kayaking and Canoeing  
Ladies' Golf  
Lawn Bowls  
Photography Tuition  
Rock Climbing  
Segway  
Sugarcraft Cupcake Masterclass  
Tennis Open Day  
Vintage Cupcakes

## EASTERN

- Airpistol and Rifle Shooting
- Alpaca Trekking
- Flying Lesson for Beginners
- Glass and Ceramic Painting
- Go Ape Tree Top Adventure
- Greene King Brewery Tour and Taster
- Horse Riding Beginner lesson
- Indoor Sky Diving
- Karting
- Murder Mystery
- Paintballing
- Pottery Workshop
- Sailing
- Short Mat Bowls
- Skiing and Snowboarding
- Sledging and Snow Fun
- White Water Rafting

## SOUTH

- Bombay Sapphire Distillery Experience
- Bushcraft
- Christmas Cake Sugar Craft
- Clay Pigeon Shooting
- Dessert and Cakes Cookery
- Gin Cocktail Masterclass
- Glass Fusing
- Go Ape Tree Top Adventure
- Indoor Sky Diving
- Off Shore Sailing
- Perfect Pastries
- Silver Jewellery Making
- Stand up Paddle Boarding
- Tennis Coaching
- Wakeboarding
- Windsurfing

## NORTH WEST

- Archery
- Clay Pigeon Shooting
- Clip n Climb Climbing
- Glass Blowing / Glass Fusing
- Go Ape Tree Top Adventure
- Gorge Scrambling
- Husky Trekking
- Indoor Rock Climbing
- Indoor Sky Diving
- Introduction to Bushcraft
- Introduction to Printmaking
- Pony Trekking
- Potters Wheel and Painting
- Sailing and Brunch
- Segway
- Skiing and Snowboarding
- Snow Park Taster
- Velodrome
- Wine and Cheese Tasting

## MIDLANDS

- A hand made Christmas Workshop
- A little taste of India Cookery Class
- Coiled Basketry
- Escape Live, solve the mystery and escape
- Fused Glass and Glass Bead Making
- Gin Distillery Experience
- Go Ape Tree Top Adventure
- Indoor Rock Climbing
- Introduction to the World of Wine
- Karting
- Pottery Camp
- Sailing
- Skiing and Snowboarding
- Tobogganing
- Trampoline Fitness Class
- Dodgeball
- Transform Supermarket Flowers
- Velodrome
- Wakeboarding
- White Water Rafting





## GO-KARTING

Take a look at these dates for six fantastic go-karting events in 2016. The more interest we receive, the more we can expand this series to a larger venue with better equipment. Register your interest with Dave Mappin: [dsmappin@gmail.com](mailto:dsmappin@gmail.com)

**Where:** Teeside Track

**When:** Sunday 22 May

**Where:** Daytona Sandown Track

**When:** Saturday 16 July

**Where:** Sunderland Track

**When:** Saturday 20 July

**Where:** Sutton Track, Leicester

**When:** Sunday 28 August

**Where:** Daytona Milton Keynes Track

**When:** Sunday 25 September

**Where:** Daytona Tamworth Track

**When:** Saturday 29 October



## eSPORTS

eSports is now operating in Scotland, so now more members than ever can enjoy the thrill of gaming. With loads of new equipment and a wide range of games, there is something for everyone.

Current titles include: Call of Duty Black Ops 3, FIFA, Forza, Mortal Kombat, WWE, Dead or Alive and various sporting titles including golf, Madden, NFL, NHL and NBA.

Look out for a national eSports event set to launch in 2016!

If you'd like to discuss setting up an event in your local area or have any other eSports enquiries, get in touch with Michael O'Hara at:

[goblinchief@hotmail.com](mailto:goblinchief@hotmail.com)

or **07737 249391**



## TENPIN BOWLING

Love bowling? Then get involved in the CSSC bowling community. Regional winners get an expenses-paid trip to the tenpin bowling national final at Stoke-on-Trent on 18 and 19 November.

For more information contact Rebecca Brand: [rebecca.brand@cssc.co.uk](mailto:rebecca.brand@cssc.co.uk)



## CSSC LADIES' GOLF

Any ladies wishing to play more golf? CSSC is looking for lady golfers to attend the many CSSC golfing events on offer where you can enjoy great company in a relaxed environment and meet other like-minded golfers.

There are loads of opportunities to experience discounted rounds of golf at some prestigious courses. Golfers can play in any or all of the regional qualifiers regardless of where they live, however, they must specify which is their regional qualifier prior to playing the round.

Regional winners will enjoy an all-expenses paid trip to participate in the national finals held on 6-7 September at the Telford Hotel and Golf Gesort. This event is also classified as an Open which can attract funding from the members' region (see the national travel policy on the CSSC website), so anyone can apply to play.

Golfers should have a club handicap of 36 or less and handicap certificates will be required to be shown at the finals/open. For further information on this fast-growing sport please contact Hilary Gray on [hilary.gray@cssc.co.uk](mailto:hilary.gray@cssc.co.uk) or visit [cssc.co.uk/golf](http://cssc.co.uk/golf)



## CSSC VOLLEYBALL

This popular sport holds two events per year, beach volleyball and indoor volleyball. Both events are open to single-sex teams as well as mixed teams.

The beach volleyball event will be held in Brighton at the Yellowwave Beach Sports Venue. Perfectly situated right on the beach with all facilities to hand, there are six well-maintained courts, changing rooms and toilets as well as a café. The tournament comprises single-sex teams (three players) and mixed teams (two men and two ladies). Players can only take part in one of the events – no doubling up between single-sex and mixed teams. Early booking is recommended for this very popular summer event.

The indoor volleyball tournament will be held at Loughborough University on 7-8 September. Another popular event with single-sex and mixed teams (entry to both is allowed), this tournament welcomes all standards of player and individual entries who will be matched into composite teams. Players from all departments, regions and areas are welcome. [cssc.co.uk/volleyball](http://cssc.co.uk/volleyball)



## CSSC NATION'S SUMMER CHALLENGE

Rounders, 5-a-side football, 5-a-side netball and dodgeball

**Where:** Nottingham University, Jubilee Campus    **When:** Friday 1 July

Book now to avoid disappointment, entries close Monday, 16 May.

Visit [cssc.co.uk/summerchallenge](http://cssc.co.uk/summerchallenge) for more information and send entry forms to [events@cssc.co.uk](mailto:events@cssc.co.uk)

The Nation's Summer Challenge will consist of squads of maximum 10 members competing in all 4 sports over one day. If you don't have a full team get in touch to be part of a composite team.

If you need financial help with travel and accommodation costs visit [cssc.co.uk/TravelPolicy](http://cssc.co.uk/TravelPolicy) or call us on **01494 888 434/407**



## CAPITAL CHALLENGE

10k, 3k run and 1 mile walk

**Where:** Queen Elizabeth Olympic Park, London    **When:** Wednesday 13 April

For the first time CSSC will be holding their annual Capital Challenge at the Queen Elizabeth Olympic Park in London. The event is open to both existing CSSC members and non-members. With all ages and abilities welcome, there will be a medal and t-shirt to all who complete their race.

**Cost:** 10k £5.00    3k £3.00    1 mile walk £2.00    (non-member rates also available)

Be quick! Entries close 7 April. For entry forms and more information, contact Jennifer Yarrow on **01494 88844** or [jennifer.yarrow@cssc.co.uk](mailto:jennifer.yarrow@cssc.co.uk).



## **IDOR and the Lifeboat Fund Raise £1.1m this year to celebrate 150th anniversary!**

Holding its Interdepartmental Offshore Regatta (IDOR) on the Solent this June, the Civil Service Sailing Association welcomes CSSC members of all abilities to take part in their highly-anticipated annual event.

This year however, the CSSA has some more exciting news to share. With the honour of being the oldest civil servant run charity, the Communications and Public Service Lifeboat Fund, is proud to announce that for its 150th anniversary, they have pledged to raise £1.1million towards the cost of a new lifeboat for The Royal National Lifeboat Institution (RNLI).

If the Lifeboat Fund succeeds in raising £1.1m for the RNLI they will secure the naming rights of the vessel; a cutting-edge 25-knot, all-weather Shannon lifeboat to be stationed at Wells-next-the-Sea in Norfolk.

The Lifeboat Fund is one of the RNLI's biggest, longest-standing contributors, having donated a total of about £5m and 52 lifeboats to date. Responsible for saving the lives of over 4,700 people and assisting thousands more, these boats are a crucial part of the RNLI's rescue service and it would be with great pride that the charity can name the latest and greatest addition "Civil Service No 53".

Support the crews who represent your department in the IDOR, or make a donation directly to the Lifeboat Fund, to help the hundreds of volunteers who help to keep our coasts and rivers safe.

For more information on the IDOR and how to enter, see [idor.org.uk](http://idor.org.uk). To read more about the Lifeboat Fund and its 150th Anniversary Appeal, see [thelifeboatfund.org.uk](http://thelifeboatfund.org.uk)



Event	Open/ Final/ Trip	Date	Venue	Organiser/Contact
<b>April 2016</b>				
Indoor Bowls National	Final	11-12	York	John Harthen, john.harthen@talktalk.net
Capital Challenge	Open	13	Queen Elizabeth Olympic Park	Jennifer Yarrow, jennifer.yarrow@cssc.co.uk
Squash Masters Singles Tournament	Open	22-23	Nottingham Squash Club, Nottingham	Linda Parsley, larkswood40@yahoo.co.uk
Racketball Open Singles Tournament	Open	23	Nottingham Squash Club, Nottingham	Linda Parsley, larkswood40@yahoo.co.uk
Women's Hockey - Joyce Cole	Open	28-29	Beeston Hockey Club, Nottingham	Hilary Gray, hilary.gray@cssc.co.uk
Men's Hockey - Hancock & Evans	Open	28-29	Beeston Hockey Club, Nottingham	Hilary Gray, hilary.gray@cssc.co.uk
<b>May 2016</b>				
Swimming National Final	Open	5-6	Ponds Forge, Sheffield	Iain Colquhoun, iain.colquhoun@hmrc.gsi.gov.uk
Hill Walking	Trip	13-16	Buttermere, Lake District	Clair Wilson, gobbyduck@hotmail.com
Balfour & Haddow Golf	Open	16	De Vere Staverton Park, Northamptonshire	Phil Thelwell, phil@scotgolf.wanadoo.co.uk
11-a-side Football Lewis Cup	Final	20	Fleetwood Town Football Club	Matthew Taylor, matthew.taylor@cssc.co.uk
Karting	Open	22	Daytona, Teeside	Dave Mappin, dave.mappin@dpw.gsi.gov.uk
Beach Volleyball	Open	26	Yellowwave Beach Sports, Brighton	Beth Earwicker, beth.earwicker@hmrc.gsi.gov.uk
<b>June 2016</b>				
National Pool	Final	3-4	Allstars Sports Bar, Weston Super Mare	David Angus, david.angus@hmrc.gsi.gov.uk
Skittles National	Final	4	Cheltenham Civil Service Club	John West, jandjmwest@talktalk.net
Civil Service Dinghy Championships	Open	11-12	Netley Sailing Club, Southampton	Darren Whitcher, champs@ncsc.co.uk
Interdepartmental Offshore Sailing Regatta	Open	12-17	Island Sailing Club, Cowes	Nick Bowles, idor@cs-sailing.org
Hill Walking	Trip	17-20	Osmotherley and Boggle Hole, North Yorkshire	Clair Wilson, gobbyduck@hotmail.com
Half Marathon	Open	19	Freckleton	Nick Hume, nick.hume@tiscali.co.uk

Events information is correct at time of printing. For the latest up-to-date lists, visit [cssc.co.uk](http://cssc.co.uk)

Event	Open/ Final/ Trip	Date	Venue	Organiser/Contact
<b>July 2016</b>				
Nation's Summer Challenge	Open	1	Nottingham University	Jennifer Yarrow, jennifer.yarrow@cssc.co.uk
Game Angling National	Final	1	Draycote Water	Jim North, jim.north@which.net
National Day of Cycling	Open	6	Preston	Dave Wyatt, davewyatt.cssc@live.com
Boat Angling National	Final	7	Milford Haven	Jim North, jim.north@which.net
Karting	Open	16	Sandown, Daytona Karting	Dave Mappin, dave.mappin@dwp.gsi.gov.uk
Karting	Open	30	Sunderland, Karting North East	Dave Mappin, dave.mappin@dwp.gsi.gov.uk
<b>August 2016</b>				
Track and Field Open and Masters	Open	10	Birmingham	Gaye Clarke, gayeclarke@btinternet.com
Open Fours Flat Green Bowls	Open	12	Cheltenham Bowls Club	Martin Gale, m.k.gale@talktalk.net
<b>September 2016</b>				
Curtis Bennett Cricket Finals	Open	1	TBC	Matthew Taylor, matthew.taylor@cssc.co.uk
Ladies' National Golf Finals	Open	6-7	Telford Hotel and Golf Resort	Hilary Gray, hilary.gray@cssc.co.uk
Scuba Diving	Trip	6-13	Gozo, Malta	Rebecca Brand, rebecca.brand@cssc.co.uk
Indoor Volleyball	Open	7-8	Loughborough University	Lenny Barry, lenny.barry@hmrc.gsi.gov.uk
Men's National Golf	Final	7-9	Rokliffe Hall, Darlington	Matthew Taylor, matthew.taylor@cssc.co.uk
Touch Rugby Championships	Open	9	Bath University	Karen Wilkinson, karen.wilkinson@ros.gov.uk
Coarse Angling National	Final	15	Mallory Park	Jim North, jim.north@which.net
Hill Walking	Trip	15-7	Ben Nevis, Fort William, Scotland	Clair Wilson, gobbyduck@hotmail.com
Hill Walking	Trip	17-24	Isle of Skye, Scotland	Clair Wilson, gobbyduck@hotmail.com
Karting	Open	25	Milton Keynes, Daytona Karting	Dave Mappin, dave.mappin@dwp.gsi.gov.uk
Race Walk and Ryan Cup	Open	28	Birmingham	Steve Uttley, sjuttley@gmail.com
National 5-a side Men's & Ladies' Open Football	Final	30	Manchester	Matthew Taylor, matthew.taylor@cssc.co.uk

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Event	Open/ Final/ Trip	Date	Venue	Organiser/Contact
<b>October 2016</b>				
Barbados Sports Tour	Trip	3	Barbados	Hilary Gray, hilary.gray@cssc.co.uk
Barbados Golf	Trip	3	Barbados	Hilary Gray, hilary.gray@cssc.co.uk
Mixed Team Golf	Open	6-7	Forest of Arden	Matthew Taylor, matthew.taylor@cssc.co.uk
Table Tennis Championships	Open	7	Draycott & Long Eaton, Derby	Barry Snowden, barrysnowden@hotmail.co.uk
Target Rifle Championship	Open	8	TBC	Richard Roalf, richard.roalf@ntlworld.com
Cross Country Championships	Open	12	Parliament Hill, London	Gerry Trainer, gerrytrainer@aol.com
National Shore Angling	Final	13	R Tyne, Newcastle	Jim North, jim.north@which.net
Team Tennis Championships	Open	26-28	Gosling Sports Park	Bob/Peter, bob.shambler@nao.gsi.gov.uk / psymons05@hotmail.com
Karting	Open	29	Tamworth, Daytona Karting	Dave Mappin, dave.mappin@dwp.gsi.gov.uk
<b>November 2016</b>				
Pike Angling	Open	3	Pentney Lakes	Dave Gardner, dave.gardner@hmrc.gsi.gov.uk
Darts National	Final	18-19	Stoke on Trent	Hilary Gray, hilary.gray@cssc.co.uk
Snooker National	Final	18-19	Stoke on Trent	Jennifer Yarrow, jennifer.yarrow@cssc.co.uk
Tenpin Bowling National	Final	18-19	Stoke on Trent	Rebecca Brand, rebecca.brand@cssc.co.uk
Hill Walking	Trip	18-21	Harrogate, North Yorkshire	Clair Wilson, gobbyduck@hotmail.com
National Open Shore Angling Competition (NOSAC)	Open	26	Wearside	Barry Davies, daviesiow@btinternet.com

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Events	Date	Organiser	Email	Telephone
<b>Eastern</b>				
Angling - Game	20 April	Jim North	jim.north@which.net	07901 795966
Archery	18 -19 June	Steve Darby-Smythe	stephen.darbysmythe@tesco.net	01480 420072
Golf - Men's	29 June	Roger Tacq	tacq@btinternet.com	07754 602616
Golf - Ladies'	29 June	Roger Tacq	tacq@btinternet.com	07754 602616
Angling - Coarse	17 August	Roy Whincup	royw06@aol.com	07917 694359
Tennis	22 - 23 September	Nick Anthony	nicholas.anthony@hmrc.gsi.gov.uk	01394 303046
<b>London</b>				
Pool	19 April	Sharon Finan	james.mcgraw@cssc.co.uk	01494 888417
Golf - Men's	25 April	James McGraw	james.mcgraw@cssc.co.uk	01494 888417
Darts	4 June	Sharon Finan	james.mcgraw@cssc.co.uk	01494 888417
Angling - Coarse	15 July	Fred Davis	freddavis@talktalk.net	01992 214376
<b>Midlands</b>				
Angling - Game	20 April	Jim North	jim.north@which.net	07901 795966
Angling - Boat	29 April	Mitch Johnson	mitchell.johnson@hmrc.gsi.gov.uk	07500 058493
Skittles	30 April	Peter Gould	jeffrey.pearce@dwp.gsi.gov.uk	01432 870343
Darts	3 June	Anthony Hyde	tonytiger1913@gmail.com	07734 256356
Golf - Men's	7 June	Richard Hadley	richard.hadley@hmrc.gsi.gov.uk	03000 520940
Golf - Ladies'	7 June	Richard Hadley	richard.hadley@hmrc.gsi.gov.uk	03000 520940
Archery	18 June	Sarah Trout	sarah.40@sky.com	07711 620443
Tennis	15 September	Nigel Daniels	nigel.daniels@hmrc.gsi.gov.uk	03000 562443
9 Ball Pool	27 November	Nigel Daniels	nigel.daniels@hmrc.gsi.gov.uk	03000 562443
<b>North East</b>				
Golf - Men's	15 April	Neil Clarke	neilclarke@ntlworld.com	07795 233 513
Angling - Boat	9 June	Dave Mckenzie	david.mckenzie@hmrc.gsi.gov.uk	01670 814343
Angling - Game	10 June	John Heppell	john.heppell@dwp.gsi.gov.uk	01912 166530
Golf - Men's	6 July	Neil Clarke	neilclarke@ntlworld.com	07795 233513
Angling - Shore	16 July	David Grieve	dave.grieve@hmrc.gsi.gov.uk	07580 962745
Golf - Men's	14 September	Neil Clarke	neilclarke@ntlworld.com	07795 233513
<b>North West</b>				
Angling - Game	22 April	Ashley Robertson	ashley.robertson@merseycare.nhs.uk	07813 290731
Darts	20 May	Allan Grafton	allangrafton@live.co.uk	01612 230272
Cycling	15 June	David Wyatt	david.wyatt@dwp.gsi.gov.uk	07946 106351
Angling - Boat	15 June	Ashley Robertson	ashley.robertson@merseycare.nhs.uk	07813 290731
Golf - Ladies'	7 July	Tom Briggs	tolijora@sky.com	07981 317039
Angling - Coarse	8 July	Kevin Bradshaw	kevbrad58@googlemail.com	07801 749706
Crown Green Bowls	15 July	Alan Turner	alanofthelane@yahoo.co.uk	07815 915397
Golf - Men's	28 July	Mike Lee	mike.lee27@ntlworld.com	03000 651530

Events	Date	Organiser	Email	Telephone
<b>Northern Ireland</b>				
Golf - Men's	29 April	Tim Johnson	tim.johnston@dfpni.gov.uk	
Angling - Game	20 May	James Venning	james.venning@dfpni.gov.uk	02892 623518
Golf - Men's	23 June	Eamonn McCarron	eamonn.mccarron@dndni.gov.uk	
<b>Scotland</b>				
Pool	1 April	David Angus	davidangus1@hotmail.co.uk	07890 623355
Snooker North	1 May	Harry Brebner	harrybrebner@hotmail.com	07853 195791
Snooker Central	6 May	Harry Brebner	harrybrebner@hotmail.com	07853 195791
Darts - Ladies'	7 May	Michael Thomson	mt701@hotmail.co.uk	07985 899225
Darts - Men's	8 May	Michael Thomson	mt701@hotmail.co.uk	07985 899225
Angling - Game	13 May	Ian Stirrat	ian.stirrat@animalhealth.gsi.gov.uk	01292 291350
Angling - Game	20 May	Ian Stirrat	ian.stirrat@animalhealth.gsi.gov.uk	01292 291350
Golf - Men's	25 May	Phil Thelwell	philt@scotgolf.wanadoo.co.uk	07974 647344
Golf - Men's	10 June	Phil Thelwell	philt@scotgolf.wanadoo.co.uk	07974 647344
Indoor Bowls Singles	13 December	Stewart Shields	margaretshields1@live.co.uk	01389 762651
<b>South East</b>				
Angling - Game	28 April	Julie Slack	jaslack@btinternet.com	n/a
Angling - Coarse	13 May	Malcolm Pay	jim.north@which.net	01634 867683
Tenpin Bowling	15 May	Ray Allen	ray.allen1@hotmail.co.uk	
Golf - Men's	19 May	Andy Burdett	andy.burdett@cssc.co.uk	07802 482332
Golf - Ladies'	19 May	Andy Burdett	andy.burdett@cssc.co.uk	07802 482332
<b>South West</b>				
Angling - Shore	8 April	Tony Hiscock	tony.hiscock@ukho.gov.uk	07967 116956
Pool - Exeter	17 April	Derek Saddington	jean.genie@talktalk.net	01929 423667
Skittles	17 April	John West	jandjmwest@talktalk.net	07971 779502
Snooker	8 May	Derek Saddington	jean.genie@talktalk.net	01929 423657
Tenpin Bowling	20 May	Jeff Griffin	jeffery.griffin@dwp.gsi.gov.uk	
Angling - Boat	23 May	Tony Hiscock	tony.hiscock@ukho.gov.uk	07967 116956
Angling - Game	24 May	Mark Packer-Hughes	mark.packer-hughes@ukho.gov.uk	07779 349013
Angling - Coarse	31 May	Brian Chivers	b.chivers@sky.com	01823 973931
Tenpin Bowling	10 June	Jeff Griffin	jeffery.griffin@dwp.gsi.gov.uk	
Archery	29 July	Ginger Parker	albert.parker@sky.com	01242 511587
Angling - Boat	30 September	Tony Hiscock	tony.hiscock@ukho.gov.uk	07967 116956
5-a-side Football	6 November	Tom Banks	tbbanks@gmail.com	07525 144899
Angling - Shore	25 November	Tony Hiscock	tony.hiscock@ukho.gov.uk	07967 116956

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Events	Date	Organiser	Email	Telephone
<b>South</b>				
Angling - Game	29 April	Chris Chuter	chris.chuter@hmrc.gsi.gov.uk	07799 340951
Darts	14 May	Dale Grove	dalegrove1@aol.com	07780 608936
Golf - Men's	23 June	Phil Hill	philhill.cssc@sky.com	07811 835374
Golf - Ladies'	23 June	Phil Hill	philhill.cssc@sky.com	07811 835374
Angling - Boat	24 June	Barry Davies	daviesiow@btopenworld.com	01983 615951 07786 558449
Angling - Coarse	1 July	Fred Gill	fred@frgill.plus.com	n/a
<b>Wales</b>				
Golf - Men's	29 April	Michael Cox	mike.cox@dvla.gsi.gov.uk	07588 479341
Angling - Shore	17 May	David Howell	daiivor@hotmail.com	07896 283373
Angling - Boat	27 May	Timothy Gibbs	gibbstjk@gmail.com tim.gibbs@ons.gsi.gov.uk	01633 456921
Golf - Ladies'	3 June	Alison Williams	alison.williamsb@dvla.gsi.gov.uk	01792 794981
Crown Green Bowls	9 June	Stephen Baskerville	stephenbaskerville@tiscali.co.uk	01619 281227
Angling - Game	17 June	Kieron Thomas	kieron.thomas1@sky.com	07938 054624
Golf - Men's	15 July	Michael Cox	mike.cox@dvla.gsi.gov.uk	07588 479341
Golf - Men's	23 September	Michael Cox	mike.cox@dvla.gsi.gov.uk	07588 479341
<b>Yorkshire</b>				
Angling - Game	15 April	Steven Frakes	steven.frakes@sky.com	07824 469594
Golf - Men's	13 June	Michael Chatten	michael.chatten@defra.gsi.gov.uk	07979 157925
Golf - Ladies'	13 June	Michael Chatten	michael.chatten@defra.gsi.gov.uk	07979 157925
Angling - Coarse	28 June	Neil Robinson	neil.robinson@hmrc.gsi.gov.uk	07834 275278
Darts	8 July	Graham Barnes	g.barnes007@btinternet.com	01723 353221
Angling - Shore	29 October	Martin Bradshaw	pockpikeman@aol.com	07961 900819
Angling - Shore	12 November	Martin Bradshaw	pockpikeman@aol.com	07961 900819
Angling - Shore	3 December	Martin Bradshaw	pockpikeman@aol.com	07961 900819

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**CSSC EVENT TEAM CONTACTS**

Listed below are the members of CSSC's Events Team, their contact details and the sports for which they are responsible:

<p><b>MATTHEW TAYLOR</b> Event Team Leader 01494 888 439 matthew.taylor@cssc.co.uk</p>	<p>Chess • Cricket (6's &amp; Curtis Bennett) • Fantasy Football • Football • 5-a-side Football • Lewis Cup • Women's Football • Masters Football • Golf - Men • Golf - Mixed Team • Table Tennis</p>
<p><b>HILARY GRAY</b> Event Team Coordinator 01494 888 438 hilary.gray@cssc.co.uk</p>	<p>Archery • Barbados • Badminton • Badminton (Team, Individual &amp; Badminton Camp) • Bowls (Crown Green, Mixed Pairs, Indoor, Individual, Pairs, Triples, Flat Green, Open 4's) • Darts • Farncombe • Golf (Women) • Hockey (Men, Hancock &amp; Evans, Mixed, Women, 7's &amp; Joyce Cole) • Pool • Swimming (Open Champs &amp; Open Water) • Tug of War • Volleyball (Interdepartmental &amp; Beach)</p>
<p><b>JENNIFER YARROW</b> Event Team Coordinator 01494 888 434 jennifer.yarrow@cssc.co.uk</p>	<p>Basketball • Cycling Champs • eSports • Fencing • Flying • Nation's Summer Challenge • Skiing/Snowboarding • Snooker • Taster Days</p>
<p><b>REBECCA BRAND</b> Event Team Coordinator 01494 888 407 rebecca.brand@cssc.co.uk</p>	<p>Angling (Boat, Coarse, Game, Shore, Pike Champs, Open Shore) • Athletics (Track &amp; Field) • Capital Challenge • Curling • Cycling Trips • Go Karting • Hill Walking • Mountain Biking • Netball • Photography • Poker • Pudding Club • Sailing • Dinghy • IDOR • Scuba Diving • Squash (Singles, Team, Vets) • Surfing • Skittles • Target Shooting • Tenpin • Tennis (Open &amp; Team) • Touch Rugby</p>

**CSSC VOLUNTEER SUPPORT TEAM CONTACTS**

See below for the names of our Volunteer Support Team members, their contact details and the areas for which they are responsible:

<p><b>VOLUNTEER SUPPORT MANAGER</b> <b>Hedley Featherstone</b> 07802 482 330 hedley.featherstone@cssc.co.uk</p>	<p><b>NORTH WEST, NORTH EAST, YORKSHIRE &amp; NORTHERN IRELAND</b> <b>Jennifer Cuthbert</b> 07802 482 328 jennifer.cuthbert@cssc.co.uk</p>
<p><b>SCOTLAND</b> <b>Michelle Russell</b> 07802 482 334 michelle.russell@cssc.co.uk</p>	<p><b>SOUTH WEST</b> <b>Natalie Parry</b> 07903 281 957 natalie.parry@cssc.co.uk</p>
<p><b>WALES</b> <b>Jon Bunyan</b> 07703 124 780 jon.bunyan@cssc.co.uk</p>	<p><b>LONDON</b> <b>Jade Knowlden</b> 07534 966 441 jade.knowlden@cssc.co.uk</p>
<p><b>SOUTH, SOUTH &amp; SOUTH EAST</b> <b>Andy Burdett</b> 07802 482 332 andy.burdett@cssc.co.uk</p>	<p><b>MIDLANDS</b> <b>Michelle Chelu</b> michelle.chelu@cssc.co.uk</p>

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For more details on Vitality's Health Insurance visit [cssc.co.uk/Vitality](http://cssc.co.uk/Vitality)