

Rutherford Appleton Laboratory Recreational Society March 2020 Newsletter



Sports and recreational activities, clubs and facilities for health, well-being and social interaction at RAL and beyond.

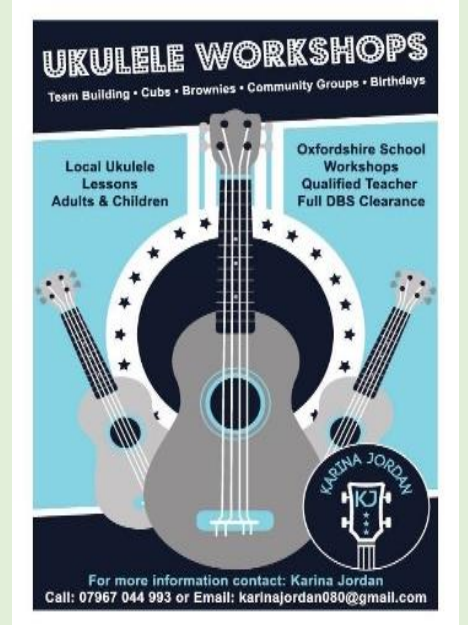
Music Club Ukulele Group

The Music Club is looking to set up a 10 week beginner's ukulele course with local music teacher Karina Jordan.

We will be holding a free taster session on Monday 23rd March, from 1 – 2 pm, in the RecSoc lounge which will be open to anyone who'd like to have a go. Ukuleles will be provided and it promises to be a lot of fun.

If you choose to continue, the 10 week course will start in April and will cost £60. You'll have to have your own ukulele though they're relatively inexpensive to buy.

Karina has years of experience teaching, she is a member of the Incorporated Society of Musicians and she also runs a successful 30-strong ukulele group in Didcot called The Dukes.



Check out their Facebook page at <https://www.facebook.com/The-Dukes-427297127846575/>



After the beginner's course we will continue sessions and open them up to all abilities. Ultimately the aim would be for the group to perform at a Music Club event, such as a Live@TheLounge night, the RecSoc Summer Party or MaDFest 2020.

If you'd like to try the taster session please contact [Tristan Youngs](#)

Go-Karting

The RecSoc is looking to organise a night of team go-kart racing in Reading for some time in late March or early April.

Team Sport Indoor Go Karting offer Team Challenge events with 100s of laps, one and a half hours of Le Mans style racing, driver changes, pit stops and loads more...

Up to 20 people can race in teams of 2-4 drivers at a cost of £99 plus VAT per team. Racing starts at 7:00 pm (arriving at 6:30 pm for safety briefing and gear up).

If you're interested in entering a team or joining a team, or would like more information please contact [Simon Moorby](#).



Acro Yoga

The RecSoc has the opportunity to offer a free taster session and an introductory course of Acro Yoga.

Acro Yoga is a combination of acrobatics and yoga that focuses on and promotes health, partnership and trust. It is a dynamically-developing form of physical activity, which is becoming more popular all over the world.



Acro Yoga can improve concentration; help build trust, confidence and relationships; teach you to make quick decisions; encourage you to find your core; and help overcome fear of falling.

In the introductory course you will learn basic techniques and some linked sequences to give you a foundation in group acrobatics. We will develop trust and explore playfully working in twos and threes to create different dynamic shapes.



The taster session and course will be held in the RecSoc sports hall, either during a lunch period or after work, and will be taught by Ben Keitch, a certified Partner Acrobatics teacher trained in circus arts who has been leading partner acrobatics workshops for over a decade.

If you'd like more information please contact [Ronnie Brumfitt](#).

Krav Maga

Ryan Samuels is looking to set up Krav Maga training sessions in the RecSoc.

Krav Maga is a modern form of self-defence/martial art which uses practical, short, sharp, effective moves for self-defence to help you stay safe in the modern world.



Krav Maga training is about more than just physical self-defence skills, which should only be used when absolutely necessary. It also teaches an emphasis on awareness, avoidance of potentially dangerous situations and escape or de-escalation of threatening situations.



Some benefits of Krav Maga include improved confidence and self-control; honing your ability to make effective decisions under pressure; improved physical coordination and balance; keeping fit and having fun at the same time in a safe and positive environment.

With regular training you should find that your mental agility, sharpness and focus increases. You may find that you sleep more deeply and wake up feeling good. Your strength and stamina levels will improve and you'll begin to feel more confident about your ability to deal with, avoid, or safely escape from, whatever life throws at you

Ryan is a qualified instructor and is aiming to run sessions after work in the RecSoc sports hall.

If you'd like more information please contact [Ryan Samuels](#).



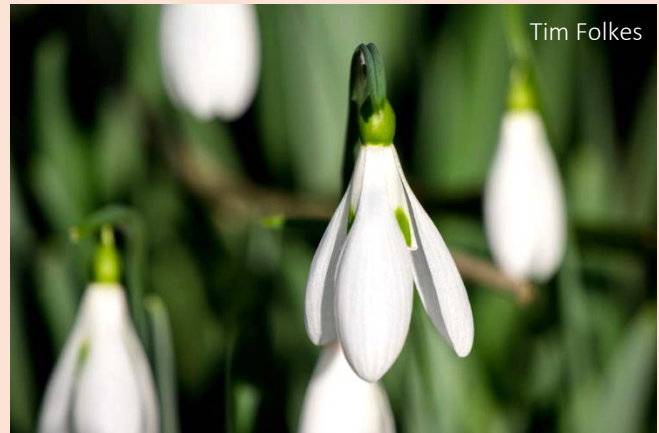
Photography Club

The Photography Club hold monthly meetings where members can show and discuss their photos. There is usually a theme for each month which people may interpret in any way they wish and all aspects of photography are considered, including techniques, equipment, and aesthetics. The club also occasionally organises “photographic safaris” around the campus and surrounding area.

A selection of photographs from the February meeting are shown below.



David Hooper



Tim Folkes



Tim Folkes



David Hooper

If you'd like more information about the Photography Club please contact [David Hooper](#).

Lil's Charity Sky Dive

Emily Galvin is raising money for a charity sky dive in aid of Team Mikayla, a charity which provides wishes to children who have been diagnosed with cancer or leukaemia and receive treatment in the Kamran's Ward of the JR Hospital in Oxford and Leicester Royal Infirmary. Wishes include gifts for the ill child or a day out for the whole family.



Lil's personal message on her fundraising page says "A strange man at work came to see me and asked if I wanted to jump out a plane, so here I am! On the 4th July 2020 I will stupidly fall from a (hopefully) functioning aeroplane before coming down to kiss the sweet safety of the earth once more! This is all in aid of Team Mikayla, an amazing charity which I hope to support as best I can!"

"Dream, Pray, Miracles all the way"

More information on this amazing charity can be found at <http://www.teammikayla.co.uk/> and, if you'd like to support Lil, you can donate online at <https://www.totalgiving.co.uk/mypage/liljumps#>

Please contact [Emily Galvin](#) to find out more.

Charity Lottery

To support Lil's charity fundraising we're introducing a weekly Lotto Bonus Ball lottery draw in the Lounge, starting on March 3rd.



The draw will cost £1 per number with the winning prize money being half the cash pot and the other half going to the Team Mikayla charity. Each Wednesday's Lotto Bonus Ball will decide the winning number but if this coincides with an unbought number the whole pot will go charity.

You can play by purchasing a lucky square in the RecSoc Lounge on Tuesday, Wednesday or Friday lunchtimes. All the usual lottery rules apply and tickets may only be purchased by members over 16.

RAL RecSoc Activities List – March 2020

Monday:

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|------------------|---------------|--|
| R58 Lounge: | 12:30 – 13:30 | Arts & Crafts (Every other week) |
| Tennis Courts: | 12:00 – 13:00 | Basketball (Weather permitting) |
| Tennis Courts: | 12:30 – 13:15 | Bootcamp (£4 payable to the instructor) |
| R58 Sports Hall: | 12:00 – 13:00 | Circuit Training (£4 payable to the organiser) |

Tuesday:

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| R58 Music Room | 10:30 – 14:30 | Guitar Lessons (Block booking required) |
| R58 Sports Hall: | 12:05 – 13:00 | Yoga (£7 payable to the instructor) |
| Tennis Courts: | 12:00 – 13:00 | Netball (Weather permitting) |
| Tennis Courts: | 13:00 – 14:00 | Tennis Social Session (Weather permitting) |
| Sports Field: | 12:30 – 13:30 | Football |

Wednesday:

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| R58 Music Room | 12:00 – 14:00 | Saxophone & Clarinet Lessons (Block booking required) |
| R58 Lounge: | 12:30 – 13:30 | Lunchtime Quiz |
| R58 Sports Hall: | 12:00 – 13:00 | Pilates (Block book with the instructor @ ~£5/class) |
| R58 Sports Hall: | 13:00 – 14:00 | Tai Chi Chin (£6 payable to the instructor) |
| Tennis Courts: | 12:30 – 13:15 | Bootcamp (£4 payable to the instructor) |
| R58 Sports Hall: | 16:30 – 18:30 | RAL Fencing Club |

Thursday:

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| R58 Music Room | 10:30 – 15:00 | Piano Lessons (Block booking required) |
| R58 Sports Hall: | 12:00 – 13:00 | RAL Fencing Club |
| R58 Sports Hall: | 13:05 – 14:05 | Lepton Morris (RAL Morris Dancing Club) |
| Tennis Courts: | 12:00 – 13:00 | Tennis Social Session (Weather permitting) |
| Sports Field: | 12:30 – 13:30 | Football & Mixed Football Training |

Friday:

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|------------------|---------------|---|
| R58 Sports Hall: | 12:15 – 13:15 | Ballet (£5 payable to the instructor) |
| Tennis Courts: | 12:30 – 13:15 | Bootcamp (£4 payable to the instructor) |

Sports Field by ESA: 12:30 – 13:30 Touch Rugby

If you would like to submit content for the next newsletter please contact [Ronnie Brumfitt](#).