



NESLC

Newcastle Estate Sports & Leisure Club Xmas Newsletter No 1 2019

Welcome to the latest issue of the NESLC Newsletter. In this issue we have a variety of items including some excellent cashback offers and discounted theatre tickets. Also included are details of the AGM. Apart from hearing reports from the committee on the achievements and work of our group over the last year, you will get the chance to win one of several prizes.

We would love to hear from anyone interested in helping us - see page 3 for contact details.

I hope you enjoy the Newsletter and I would be interested to hear your thoughts on it which should be sent by e-mail to George.Green9@blueyonder.co.uk.

George Green
Editor

If you wish to join NESLC please ring Steve Harris, NESLC Gym Manager on 07790 085104. If you are unsure about whether you are a member:-

You are an NESLC member if:

Benton Park View (BPV) - you are in HASSRA or RCSL unless you are a HASSRA member in the local office club CMG (Room BP5302 only).

Tyneview Park (TVP) - you are in HASSRA unless you are a member in the local office clubs (Newcastle Pension Centre, NCIB/FES), or an RCSL North member who has opted to retain your NESLC membership.

Durham House (DH) - you are in HASSRA or an RCSL North member who has opted to retain your NESLC membership.

Waterview Park (WVP) - you are an RCSL North Member who has opted to retain your NESLC membership.

If you are a HASSRA member in a local office club at any of the above locations you can choose to join NESLC for an additional £8 per year.

If you are an RCSL North member at TVP, WVP or DH and have not opted to retain your NESLC membership you can join NESLC for an additional £8 per year.

If you are unsure that you have retained your NESLC membership please contact:- Alan Borrowdale (alan.borrowdale@dwp.gsi.gov.uk) for confirmation for DWP members and Lynsey Wilkinson (linsey.scurr@hmrc.gsi.gov.uk) for confirmation for RCSL members.

How do I access the NESLC Website?

RCSL Members Those who work in HMRC can access the NESLC website via the Internal Intranet site. Valuation Office staff should follow the instructions below for HASSRA members.

HASSRA Members (those who work in DWP) via the HASSRA North East Region NESLC Website which can be accessed as follows: Open HASSRA main page on the internet; Go to the regional North East Page; Scroll down and in the right hand column click on the **clubs** link to open page for NESLC.

NESLC is now on the internet!

Due to a change within the HASSRA platform our NESLC pages are now available to view on the internet. You do not have to be a HASSRA member to view the pages and you can view them from anywhere. All our offers and trips are here:

Please use the HASSRA link for cinema instructions on page 3 to access the NESLC page on the HASSRA website

Keep checking regularly for frequent updates

Important Notice about Tyneview Park Gym

To all Gym Members based at Tyneview Park, please note the gym is to close with immediate effect for 3 months. This is something out of NESLC control but urgent refurbishment work is needed to be undertaken. We will be extending your Gym memberships for our TVP members once the work is completed. Any questions contact Steve Harris, tele number 07790 085104

Newcastle Estate Sport & Leisure Club

NESLC Membership Cards

From 2017 in order to take part in NESLC offers and trips you will be required to have a membership card. The cards are free to members of HASSRA and RCSL at Benton Park View, Tyne View Park and Durham House with some exceptions. See page 1 for advice on NESLC membership.

In order to receive your membership card please send an email to: Alan.Borrowdale@dwp.gsi.gov.uk with your name, email address and location. You will then be notified of where and when to pick up your card.

NEWCASTLE ESTATES SPORT & LEISURE CLUB AGM

Help us celebrate another fantastic year at our AGM from 4pm
on

**FRIDAY MARCH 8TH 2019
AT THE INNISFREE SOCIAL CLUB
LONGBENTON
4pm prompt start**

We couldn't do it without our members, so come along for a fun filled night of celebration, prizes, buffet and more!!!!

What are you waiting for?

You must be a member to attend so register your place now via email
to:

Alan.Borrowdale@dwp.gsi.gov.uk

NOTE! The room is on an upper floor and no lifts are available

Cinema Instructions

The Cinema instructions are changing and it is important to follow the instructions.

RCSL members:

<https://intranet.prod.dop.corp.hmrc.gov.uk/page/discounted-tickets-and-reduced-price-admissions>

HASSRA members – <https://www.hassrashop.org.uk/north-east-clubs>

NESLC MEMBERS - WE NEED YOU TO JOIN US

Volunteer with us, any help you can give, large or small. For further information contact Alan.Borrowdale@dwp.gsi.gov.uk

NESLC Advent Draw Results

Well, as we were secretive with the prizes, we thought it was about time we shared what our lucky members won in the NESLC Advent Draw during December 2018!!!!

All winners were announced on Facebook and an email sent to their work email address (or personal if retired/associate member).

As you can see, we still have quite a few prizes that have not been claimed, therefore please please please check your inbox as it could be you!!

We will be trying to contact the winners by telephone, if we are unsuccessful and the prizes are not claimed by 31st January 2019, they will be recycled for the AGM or distributed as NESLC see fit.

<u>Date:</u>	<u>Prize</u>	<u>RCSL Winner</u>	<u>HASSRA Winner</u>
01/12/18	Debenhams Beauty Advent	Collected	Unclaimed
	Yankee Candle Advent	Collected	Unclaimed
	Lindt Advent	Collected	Collected
	Malteser	Unclaimed	Collected
	Cadbury	Collected	Collected
02/12	Sanctuary SPA Gift Set	Collected	Collected
	Men's Gift Set	Collected	Collected
	Champneys Gift Set	Collected	Collected
03/12	Dairy Milk Chocs	Collected	Unclaimed
	Quality Street Tin	Collected	Collected
04/12	Vodka	Collected	Collected
05/12	4 x Odeon Tickets & Popcorn	Collected	Collected
06/12	Prosecco	Collected	Collected
	Prosecco	Collected	Collected
07/12	Afternoon tea at Marco Pierre White	Collected	Collected
08/12	Luxury Xmas Pudding	Collected	Collected
09/12	Xmas Crackers	Collected	Collected

Date:	Prize	RCSL Winner	HASSRA Winner
10/12	Ringtons Hamper	Unclaimed	Collected
	Ringtons Hamper	Collected	Collected
11/12	2 Tickets for We Will Rock You	Unclaimed	Collected
12/12	Selection Box	Unclaimed	Collected
	Selection Box	Collected	Collected
	Selection Box	Collected	Collected
	Selection Box	Collected	Collected
13/12	Goodie Bag	Unclaimed	Unclaimed
	Goodie Bag	Unclaimed	Collected
	Goodie Bag	Collected	Collected
	Goodie Bag	Collected	Collected
	Goodie Bag	Collected	Collected
14/12	Santa Tin of Biscuits	Collected	Collected
	Polar Bear Tin of Biscuits	Collected	Collected
	M&S Biscuits	Collected	Collected
	Ringtons Biscuit Selection	Unclaimed	Unclaimed
15/12	£25.00 Food Voucher	Collected	Collected
16/12	£25.00 Food Voucher	Collected	Collected
17/12	£20.00 M&S Voucher	Collected	Collected
18/12	Chocolate Orange	Unclaimed	Unclaimed
	Chocolate Orange	Collected	Unclaimed
	Chocolate Orange	Collected	Unclaimed
	Chocolate Orange	Collected	Unclaimed
	Chocolate Orange	Collected	Unclaimed
	Chocolate Orange	Collected	Collected
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	Chocolate Orange	Collected	Collected
	Chocolate Orange	Collected	Collected
	Chocolate Orange	Collected	Collected
19/12	Gin	Collected	Unclaimed
20/12	£40.00 Miller & Carter Voucher	Unclaimed	Collected
21/12	£25.00 Intu Voucher	Collected	Collected
22/12	£50.00 M&S Voucher	Unclaimed	Collected
23/12	FitBit	Collected	Collected
24/12	Tablet	Unclaimed	Collected

A huge congratulations to all our winners and don't be disheartened if you didn't win, it could be you this year!!!!

Why not join us on Facebook to get all up to date offers and events? Search NESLC

Winner Takes It All Winners:

Jersey Boys - Jean Patterson (retired member)
NESLC Mystery Trip – Louise Robinson
NESLC Orange Grass Meal – Peter Henderson
Kinky Boots – Jill Gardner
Goldilocks Panto 05.12.18 – Rachel Fennell

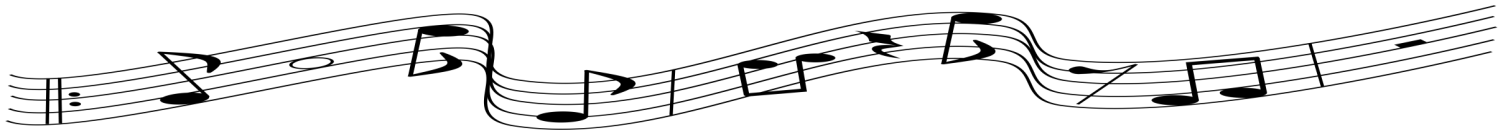
Less is more

NESLC have decided to reduce the minimum number of attendees needed to claim a Bottoms Up Subsidy!

From 1st December 2018 you only require **4** NESLC members to apply for a BU!
Normal BU policy and rules apply

So what are you waiting for grab your friends and get planning!!!!

Sing into Spring



Do you **Sing in the shower?**
Are you **Interested in improving your mood and wellbeing?**
Would you like to meet **New friends to socialise and harmonise?**
Well here's a **Great New Year Opportunity to come alive?**

I'm trying to establish if there is any interest in starting a workplace choir at Longbenton. You don't have to be a budding Kylie or Pavarotti – all you need is a smiley face and a willingness to join in.

If I can get enough interest to make it viable, I will look into it further (times, tutoring, costs etc) so all I need at this point is a very short email to let me know if you would be interested. Although your ideas would be much appreciated too and definitely if you have the skills to control and conduct a hopefully enthusiastic bunch of amateurs.

Please reply to Rosie Ridley at bentonparkvoice@gmail.com by 31 Jan 19

Les Misérables

Wednesday September 4th 2019 at 7.30pm

Brilliant new staging has taken the world by storm and has been hailed “Les Mis for the 21st century”

With scenery inspired by the paintings of Victor Hugo, the magnificent score of Les Misérables includes the songs, I Dreamed a Dream, On My Own, Bring Him Home, One Day More, Master of the House and many more.

Seats are in the middle of the stalls, row H,J,K and L

Cost to NESLC Members: £35.00

Guests: £55.00

Please complete the booking form on the NESLC website (see page 1 for access advice) and forward it with your cheque to Theresa Parvin, Room BP1201, Benton Park View.

If you have any questions please e-mail the organiser, theresa.parvin@hmrc.gsi.gov.uk, do not contact the organiser by phone.

PLEASE EMAIL THE ORGANISER AT THE TIME OF SENDING YOUR BOOKING FORM AND CONFIRM THE NUMBER OF PLACES REQUIRED.

The organiser will email you to confirm receipt of your booking form. Please email her if you do not hear from her within 2 weeks of sending your application. If you require a copy of the booking form please email the organiser .

CLOSING DATE FOR RECEIPT OF BOOKING FORM— Friday 31st of May 2019 or sooner if sold out.

Italian meal at Ristorante Bravi South Shields Wednesday 13th March 2019



Ristorante Bravi is one of South Shields finest restaurants serving excellent Italian fayre with a modern slant. They serve fine quality beef, meat and poultry, fish and shellfish dishes along with an excellent range of pasta and pizza. Bravi also has a first class wine list and a fully stocked bar and its worth visiting Bravi because good ice cream and nicely cooked pudding. The Gin on offer is delicious.

We have been able to secure a fabulous deal comprised of the following:

Sample Menu (the menu will be confirmed nearer the time)

Starter:

As Menu of the day

Main Course:

SPAGHETTI WITH SLOW COOKED BEEF AND A TOMATO RAGU

Served in the traditional Italian way!

PENNE ARRABIATTA

Tomatoes, chilli and garlic sauce

LINGUINIE SIMONE

With Ham, peas and Parmesan cream sauce

FETTUCINE AL FORNO

Oven baked in a Bolognese and cream sauce topped with melting mozzarella cheese

PIZZA MARGHERERITA

Tomatoes & Mozzarella Cheese

PIZZA CALABRESE

Tomatoes, Mozzarella Cheese, Pepperoni and Red Onions

PIZZA VEGETARIANO

Tomatoes, Mozzarella Cheese, Onions, Peppers and Mushrooms

PIZZA SICILIANA

Tomatoes, Mozzarella Cheese, Parmesan, Olives and Roasted Peppers

The special price for this deal is

Members: £6.50.....Non Members £11.50

Closing date for bookings is February 8th 2019 and will be based on a first come first served basis and numbers are limited



Please email jill.westgate@hmrc.gsi.gov.uk (link sends email) to reserve your place and receive your application form. Places will only be confirmed on receipt of your completed application form and payment which should be returned along with you cheque to Jill Westgate Room
BP3102, Benton Park View

CODE OF CONDUCT FOR SPECIAL OFFERS AND EVENTS

ORGANISED BY NESLC

All attendees must adhere to the Civil Service/Organisational Code of Conduct (see reverse of booking form). Bookings made at members price cannot be sold on to non-members. Any member found doing so may be suspended from membership and the balance will be due to bring the amount payable up to the guest price.

NEW YEAR QUIZ

Do you fancy winning a £25 gift voucher?

All you have to do is correctly answer the 5 questions below. Entries (1 per member) should be sent by e-mail to myself - george.green9@blueyonder.co.uk.

Please put QUIZ in the subject field and state your full name, room number, telephone ext., the organisation you are a member of (HASSRA or RCSL) and your HASSRA membership number or HMRC PI number.

The closing date for entries is Friday 31 January and the first correct entry in a random draw will be declared the winner.

All entrants must be a member of HASSRA or RCSL. If you are not a member of either please see page 1 for details of how to join.

George Green
Editor

NESLC NEWSLETTER NO 1 OF 2019 QUIZ – with a Xmas theme

Question 1. In a year containing 365 days, on what number day does Christmas Day fall?

Question 2. Santa's 9 reindeers share how many hooves?

Question 3. What is Scrooge's first name?

Question 4. Name the reindeer whose name begins with a B

Question 5. What Christmas Carol contains the line "Oh tidings of Comfort and Joy"

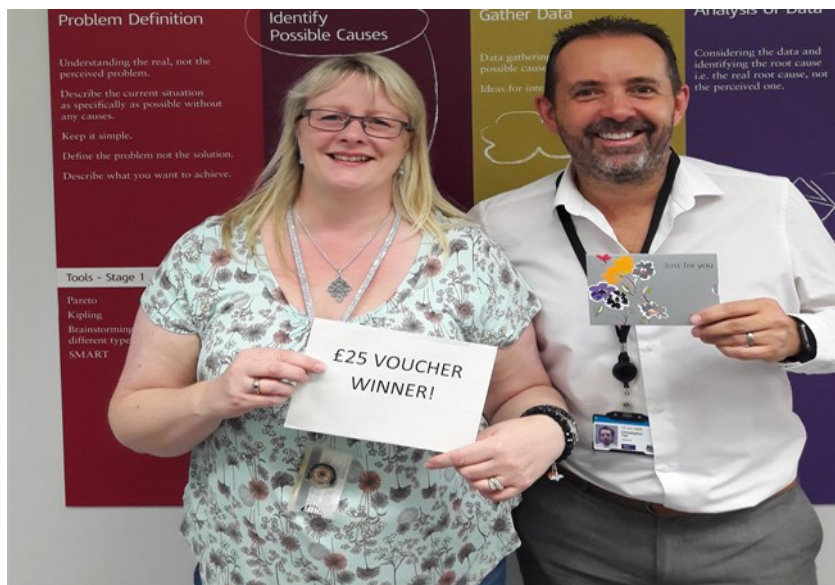
Result of picture quiz in Newsletter No. 3 of 2018:-.

The answers to this picture quiz are:

Reece Witherspoon
Micky Dolenz
Matt Dawson
Helen Flanagan

The winner, randomly selected by Terri Nicholson, NESLC Chair, is Christopher Tait
HMRC Regional Change Lead.

Christopher won a £25 gift voucher and he is pictured below receiving it from Jill Gardner,
NESLC Treasurer



Are you aware that we have a Sports Hall on
Benton Park View site that caters for a wide
range of indoor sports?

See page 14 of the Newsletter for more
information

NESLC CASHBACK Offers

Buy any ticket for an Event taking place from 1st Jan 2019 to 30 June 2019 at any of the following venues:

Newcastle O2 Academy
Sunderland Empire
The Cluny or The Stand (Newcastle)
The Sage
Theatre Royal
Tyne Theatre
Customs House
City Hall
Metro Radio Arena
Northern Stage

You can make 1 claim per venue as a cashback:

Ticket Cost £10 - £19.99 subsidy **£5.00**

Ticket Cost £20 - £29.99 subsidy **£10.00**

Ticket Cost £30 or more - subsidy **£15.00**

For the first 30 applications only!

See individual venues websites for details of forthcoming shows.

See NESLC Intranet for Application form and instructions or e-mail

pauline.wood1@hmrc.gsi.gov.uk

Same subsidy is applicable for the following Events:

Kynren 2019
Kielder Observatory
Beamish
Any 20/20 Cricket Game at Durham CC
The Spice Girls at Sunderland 06.06.19
Take That at Middlesbrough 01.06.19
Lets Rock the North East 08.06.19

Please note a Cashback **CANNOT** be claimed on a ticket purchased from NESLC that has already been subsidised by NESLC and a Bottoms Up cannot be claimed if a Cashback is being claimed.

NESLC TABLE TENNIS SECTION

The Northumbria Winter League season has now commenced, and the NESLC Eagles team are currently lying in joint first position in the Premier Division at the time of writing, so will be hoping to still be in a good position by the time of the Christmas and New Year break. Hopefully all club members will have a happy and healthy Christmas and New Year and be ready for the season's second half commencing on Monday 7th January.

Section member Andrew Wilkinson, who works on main site, has overseen two Monday coaching sessions to date from 6pm to 7pm, which were reasonably well attended and by all accounts afterwards was very helpful. It is hoped to arrange more, but obviously it will have to be fitted around match and other commitments, as we only have the one night available.

At September's HASSRA Winter Sports Festival at the University Of Warwick, Section member Mark Alexander was runner-up for the North East in the men's singles plate event, while our other mixed doubles pairing, Aidan Williamson and Alison McKim from Darlington, did likewise in the main mixed doubles competition. The Regional HASSRA qualifier for next year's competition was held in November at the Dolphin Sports Centre in Darlington, and Mark and Pauline Long both qualified to represent HASSRA North East in the National Finals of the table tennis competition. While on this subject, we would like more HASSRA members to consider entering their Regional qualifiers (obviously RCSL members have their own competition). You don't necessarily have to be a Section member, and the standard of play is not important; the only criteria is that you are a member of either HASSRA or RCSL.

Two tables will be free for club practice nights each Monday in the Amble Inn (except Bank Holidays) from 6pm onwards, but priority must be given to scheduled home League matches to continue on a second table if they look likely to overrun, as the hall must be cleared, equipment put away tidily, and all players signed out by 10pm prompt.

A small supply of bats for beginners can be provided, although it is advised that potential players should bring their own whenever possible. Match standard table tennis balls are supplied, and the annual subscription is only £10 to cover both summer and winter seasons. We are always actively looking for new members, both from the main site and outstations, and any prospective players can come along on three occasions before being asked to consider joining the Section and pay the annual subscription.

There are back catalogues from various table tennis companies in the equipment room box for those who wish to order any items of equipment or clothing themselves.

Further details can be obtained from the Secretary/Treasurer, Pauline Long, tel. 0191 2854827 (home), 07939 438320 (mobile), or e-mail pandglong1@gmail.com



NESLC Golf Society

The NESLC Golf society have regular outings during the year, a mix of 18 hole events played in the afternoon, full day 27 hole events and one away overnight trip.

The Society Captain for the 2019 season is Phil Bell, and the fixtures are as follows:

Thursday 28/3/19	South Shields - 18 holes - Doubles Event
Sunday 28/4 & Monday 29/4	Cardona - 36 Holes - Away trip with overnight stay
Monday 20/5/19	Brancepeth - 18 holes
Tuesday 25/6/19	Woodham - 27 holes
Thursday 25/7/19	Middlesbrough - 27 holes
Friday 30/8/19	Gosforth - 27 holes - Capt. Day
Wednesday 25/9/19	Hartlepool - 27 holes
Wednesday 16/10/19	Heworth - 27 holes
Nov?	Burgham? - 18 holes - Kick & Chuck

The events are open to all Golfers of all abilities, but Golfers need to be members of the NESLC Golf Society . Annual membership of the Golf Society costs £20, but members will recoup the membership fee by the discounted rates that member pay to play at the events.

Please contact the NESLC Golf Society Sec/Assistant Sec if you're interested in attending an event.

Iwan.Owen@dwp.gsi.gov.uk or graham.wright@hmrc.gsi.gov.uk
Its competitive golf ...but played in a very friendly environment.



Onsite Gyms @ Benton Park View, Durham House and Tyne View Park

Some people may not be aware that we have excellent onsite gym facilities at Benton Park View, Durham House and Tyne View Park. All three facilities offer fantastic value for money and all include extensive ranges of both resistance and cardiovascular equipment. As well as the gyms themselves all three sites have changing and showering facilities available.

In terms of cost the gyms offer the best value for money available anywhere. A full 12 calendar months membership at the Amble Inn Gym @ Benton Park View is only £60 both Durham House and Tyne View Park are only £36 for 12 calendar months.

This, as I am sure you will agree is a fantastic opportunity to take out a gym membership at a price that is well below that of normal commercial gyms. For those of you that have never used a gym before or even if it is some years since you have done so there is an instructor available at set times at all three gyms to offer advice on training and nutrition to help you achieve your fitness goals.

For those of you who would maybe prefer to exercise in a class environment the Amble Inn Sports Hall offers 5 exercise classes of varying intensities per week.

On Tuesday and Thursday at 8am we have Metafit sessions which encompass both cardiovascular and strength components within the class. These sessions would be suitable for all levels of fitness. Again on a Tuesday at 12 noon there is a very high intensity class which is designed to push those of a higher fitness level, the class involves mainly cardiovascular work but there are some muscular strength/ endurance components included.

Thursday 12 noon there is a traditional Circuit Training class which includes some cardiovascular work but is built mainly around work stations that stress various muscle groups including the abdominals. Again this session would be suitable for all fitness levels.

Our last class of the week is again on a Thursday at 4pm and is the latest sensation to hit the fitness world, which of course is Zumba! Zumba is described as the all over dance party workout and is a fun way to burn calories and use muscles in a manner that traditional exercises classes could not. This class is suitable for anybody of any fitness level because the exercise programme contains a fun element whilst at the same time burning calories.

All classes are £3.00 expect Zumba which is free. The only requirement to partake in any of the classes is that you are currently a member of either HASSRA or RCSL.

Amble Inn Sports Hall Hire

Those of you that work at the Benton Park View Site will be aware that we have a superb sports hall located within the Amble Inn.

The sports hall can accommodate a variety of sports and is available for casual bookings by RCSL or HASSRA members. Table tennis, badminton and 5 a side can all be booked for a cost of only £15 for the full use of the hall for a full hour. Please note that we can provide a table tennis table and badminton nets and posts but personal equipment like racquets, bats, shuttlecocks etc. must be provided by the individuals playing. Likewise a casual booking for 5 a side will necessitate one of the players providing a 5 a side specific football.

Anyone requiring booking the hall must book and pay at the same time and this can be done at the Amble Inn sports office which is located at the foot of the stairs in the Amble Inn, the opening times are as follows:

Mon: 10am – 11am
Tues: 10:30am – 11:30am
Wed: 10am – 11am
Thurs: 10am – 11am
Fri: 10:30am – 11:30am

It has been mentioned that the hall is available for 5 a side football, but individuals who are interested in playing but do not necessarily want to organise 9 other players can contact the sports office during the above times or could telephone Steve Harris on 07790085104 and leave their details as one or two regular teams who use the hall are often looking for players to make the numbers up.

For any information at all regarding use of the hall or booking of the hall please do not hesitate to contact Steve on the above number.

Would you like a game of Bowls?



Then here is your chance to join a great bowling club in your area with the 2019 season almost upon us.

The Health & Security Bowls Club are a section of NESLC and we play our home matches at Blue Flames Sports Club, Whitley Park, Whitley Road, Benton, NE12 9SF. We are looking for new recruits who are members of NESLC including retired members. You can be any age - male or female - to join our busy club. Don't worry if you haven't played before as we give free coaching and advice and we can offer the choice to play most days, afternoons and evenings of the week during the Summer.

You'll be pleasantly surprised how quickly you can get to grips with the basics of the sport. It's an excellent way of getting fresh air and exercise as well as participating in a great competitive sport that doesn't cost a fortune.

Our bowling green is nicely set in the grounds of the Blue Flames Sports Club in Benton where we have a good clubhouse and plenty of parking. It is only a short walk from Benton Metro.

The green is expected to open mid April (weather permitting) so why not get in touch to find out more. Or if you prefer, just visit the bowling green and ask any questions you might have. There is no obligation.

You can get in touch by telephone: *George Green, 0750 321 7259*, email george.green9@blueyonder.co.uk

We look forward to meeting you.



Section

Contact Name/Details

Fishing & Angling



Phil.Darling@hmrc.gsi.gov.uk

Basketball



Spencer.Munn@hmrc.gsi.gov.uk

Badminton



Jacqueline.Ilderton@hmrc.gsi.gov.uk

Badminton (Social)



miguelvino@hotmail.com

Bowls



Rory.Adamson@dwp.gsi.gov.uk

5-a-side Ladies



Laura.Fairlamb@hmrc.gsi.gov.uk

Golf



Iwan.Owen@dwp.gsi.gov.uk

Gym



Steve Harris on 07790 085104

Horse Riding



Karen.Thirtle@hmrc.gsi.gov.uk

Netball



Emma.Ross1@hmrc.gsi.gov.uk

Table Tennis



Pauline Long: Tel 0191 2854827

Tennis



miguelvino@hotmail.com

Volleyball



Kenny.Dobson@hmrc.gsi.gov.uk

Wine Tasting



Mark.Simons@hmrc.gsi.gov.uk