



# NESLC

## Newcastle Estate Sports & Leisure Club March Newsletter No 2 2019

Welcome to the latest issue of the NESLC Newsletter. In this issue we have a variety of excellent special offers for members and updates from some of our sports sections.

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](mailto: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](mailto:alan.borrowdale@dwp.gsi.gov.uk)) for confirmation for DWP members and Lynsey Wilkinson ([linsey.scurr@hmrc.gsi.gov.uk](mailto: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:

**<https://www.hassrashop.org.uk/north-east-clubs>**

**Keep checking regularly for frequent updates**

# 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@dpw.gsi.gov.uk](mailto:Alan.Borrowdale@dpw.gsi.gov.uk) with your name, email address and location. You will then be notified of where and when to pick up your card.

## 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@dpw.gsi.gov.uk](mailto:alan.borrowdale@dpw.gsi.gov.uk)**

## Calling all fundraisers

Whether it's a Red Nose Day Raffle, McMillan Coffee Morning, a sports relief Cyclathon or a Great North Run.

We want to know about all your fundraising exploits in 2019

Please email your details to [Alan.Borrowdale@dpw.gsi.gov.uk](mailto:Alan.Borrowdale@dpw.gsi.gov.uk) and we'll get the totaliser running again.



### Presents

#### **8 Week Beginners Running Course**

(rated 5\* by clients)

Wednesday 15th May - 3rd July 2019

Time: 1pm - 2pm

Meet: outside Vickers Gate (near St Francis Church) High Heaton NE7 7QH

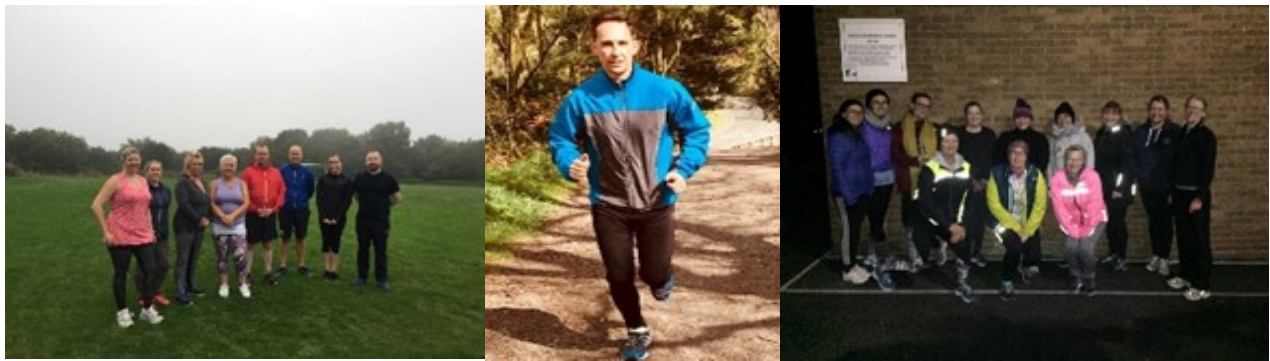
Cost £45

NESLC Members £40

Booking essential due to limited places

For further info or booking please contact Peter on 07766 761645 or email:

[peter@mindfulmaguire.com](mailto:peter@mindfulmaguire.com)



The course runs for 8 consecutive weeks. It's ideal for beginners or those wanting to start running again. It's a really gentle course. You run at your own pace and have the support of an experienced coach.

You will learn :

- To warm up and cool down correctly
- To use the run/walk method to gradually build up stamina and endurance
- Learn about mindfulness
- Improve your body and mind
- Gently increase your fitness
- To lead a healthier happier lifestyle
- Gain a better understanding of your body
- Correct posture to help you run more efficiently and reduce injuries

Course Leader: Peter Maguire



Peter also known as The Mindful Runner is the Director of Mindful Maguire. He is an experienced runner and mindfulness coach who will help put you at ease, support, and guide you on your fitness journey. Peter developed this unique beginners running course to help others as he has a genuine passion for clients to improve their fitness and wellbeing by using running and mindfulness. This popular course is rated 5 stars by clients. You can read his reviews on the Mindful Maguire Facebook page:

[www.facebook.com/mindfulmaguire](http://www.facebook.com/mindfulmaguire)

# Beauty and the Beast

## Newcastle Theatre Royal

Wednesday 4 December	7pm
Sunday 8 December	1pm
Tuesday 17 December	7pm
Wednesday 8 January	7pm

	Members	1st Child	Adult Guests & Other children
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4 December	£20.00	£20.00	£24.50
8 December	£25.00	£25.00	£36.00
17 December	£25.00	£25.00	£39.00
8 January	£20.00	£20.00	£25.50

Please complete 2 COPIES OF the booking form on the NESLC website (see page 1 for access advice) and return them with your cheque to Theresa Parvin, CAS 11, Room BP1201, Benton Park View. Any questions, by email only, do not contact the organiser by phone. PLEASE EMAIL THE ORGANISER AT THE TIME OF SENDING YOUR BOOKING FORM. 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.

**CLOSING DATE FOR RECEIPT OF BOOKING FORM – Monday 16 September or sooner if sold out**

### WE WILL ROCK YOU

#### NEWCASTLE THEATRE ROYAL

**WEDNESDAY 16 OCTOBER 2019 7.30PM**

The worldwide smash hit musical by Queen and Ben Elton returns to the UK. The multi-million-pound show dazzles all the senses in breath-taking style. Guaranteed to blow your mind, this musical phenomenon is not to be missed!

Seats are in the middle of the stalls, Rows H, J & K

Cost: NESLC Members £23.00

Guests: £45.00

Please complete 2 COPIES of the booking form on the NESLC Website (see page 1 for access advice) and return them with your cheque to Theresa Parvin, CAS 11, Room BP1201, Benton Park View. Any questions, by email only, do not contact the organiser by phone. PLEASE EMAIL THE ORGANISER AT THE TIME OF SENDING YOUR BOOKING FORM. 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.

**CLOSING DATE FOR RECEIPT OF BOOKING FORM - Monday 1 July**

or sooner if sold out.

## River Cruise Friday 14 June 2019



Setting sail from Newcastle Quayside, you and your friends will sail under the Millennium Bridge and out to the river mouth, where you can enjoy the sights and sounds out on-deck or head inside to the disco.

We will board the boat from 7.30 pm setting sail at 8 pm for a 3 hr cruise, disco with great 80;s music! Party continues after with free guest list entry to Tiger Tiger before midnight!

**The special price for this deal is:**

**Members: £7.00**

**Non Members: £13.50**

**Closing date for bookings is 07 May 2019 and will be based on a first come first served basis**

**\*\*\* Numbers are limited \*\*\***

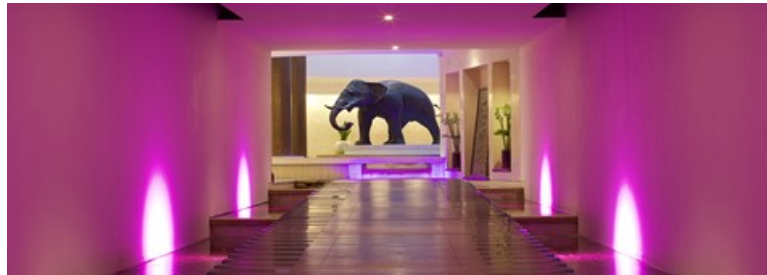
**Please e-mail [jill.westgate@hmrc.gsi.gov.uk](mailto:jill.westgate@hmrc.gsi.gov.uk) (link populates recipient box) to reserve your place and receive your application form. Places will only be confirmed on receipt of your completed application form and payment which should be returned along with your cheque to Jill Westgate, Room BP3102, Benton Park View.**



# ***NESLC CASHBACK - Members only offer***

## **SEAHAM HALL IS BACK FOR 2019**

### *Seaham Hall Serenity Spa*



Why not pamper yourself and with a fabulous day out at Seaham Hall Serenity Spa for the unbelievable price of only £50 per member



We have a **limited** number of VOUCHERS at the Spa offer includes-

- Welcome drink on arrival
- Spa use from 9.00 – 5.00pm
- Two Course Lunch in The Ozone
- 60 Minute Serenity Signature Massage or Facial
- Use of fluffy robes and slippers
- Available Mon – Fri

**Usually £125.00 NESLC MEMBER ONLY £50**

Email Phil Darling ([phil.darling@hmrc.gsi.gov.uk](mailto:phil.darling@hmrc.gsi.gov.uk)) to request a booking form and full information enter SEAHAM HALL in the subject field



# LUMLEY CASTLE

*your special place in history*

**Elizabethan Banquet - Friday 24th May 2019**

NESLC are pleased to be able to offer a night with a difference at no ordinary hotel!

**The evening includes:**

**Five course banquet Feast Two goblets of wine and Mead Entertainment by the Lords and Ladies of the Court.**

**First Remove - BARON'S BROTH**

Homemade vegetable broth served with wholemeal bread

**Second Remove - FYSHE WITH POTATO**

Fish with creamed potato, topped with cheese served in a scallop shell

**Third Remove - SPARE RIBS**

Succulent ribs served in a red wine sauce with herbs

**Fourth Remove - CHECKYN IN MEAD**

Chicken cooked in mead sauce, jacket potato, salad and basil butter

**Fifth Remove - APPLE CRUMBLE**

A delight to end your repast

Vegetarian options available

**Times** - Dungeon Bar opens at 7pm, called to feast at 8pm

**Prices:**

**NESLC members = £36.50**

**Guests = £72.50**

**(£20 supplement for singles)**

**Elizabethan Banquet & Overnight Stay**

**Breakfast**

**Closing date for bookings is 26 April 2019 or sooner if sold out**

Reply to this email for an application form.

[Sonya.peacock@hmrc.gsi.gov.uk](mailto:Sonya.peacock@hmrc.gsi.gov.uk)

# **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.**

### **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](mailto: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 26 April 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 2 OF 2019 QUIZ**

Question 1. Including the white ball, how many different coloured balls are used in a game of snooker?

Question 2. Which body part can be placed before the following words: drum, ache, ring?

Question 3. Which American state ends with 3 vowels?

Question 4. Which famous pop group was once known as The Quarrymen?

Question 5. Through which capital city does the Liffey river flow?



## Result of the quiz in Newsletter No 1 of 2019 is:-

The answers are:

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

**Answer: 359**

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

**Answer: 36**

3. What is Scrooge's first name?

**Answer: Ebenezer**

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

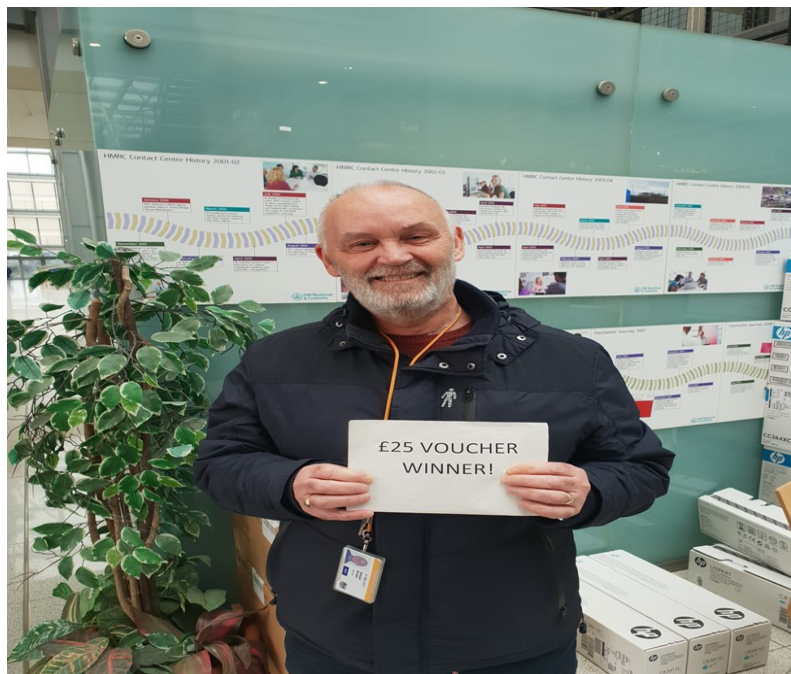
**Answer: Blitzen**

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

**Answer: God Rest Ye Merry Gentlemen**

The winner, randomly selected by Terri Nicholson, NESLC Chair, is Alistair Brown from HMRC.

Alistair won a £25 gift voucher and he is pictured below with it.



# NESLC 2019 CASHBACK Offers

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

Newcastle 02 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](mailto: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 is now approaching its end at the time of writing. NESLC Eagles and The Mount A are locked in a battle at the top of the Premier Division table to decide who will finish as the winner and who as runner-up, as no other team is in contention.

As last year, we hope to enter at least one team in the Northumbria Summer League, which is due to commence on Monday 13<sup>th</sup> May, but it will all depend on members' availability and commitments, as this of course takes place during the main holiday period.

Section member Andrew Wilkinson, a qualified Level 2 coach who works on main site, has overseen five Monday coaching sessions from 6pm to 7pm, all of which were reasonably well attended and by all accounts afterwards were very helpful.

These will be the last ones at least for the winter, but if any member requires further sessions during the summer, please let me know.

Section members Terry Duff and Trevor Linsley were due to attend the RCSL Sports Festival at the University of Warwick at the end of March, and will be hoping to go one better than last year in the team event, when they lost to Wales in the final.

Section members Mark Alexander and Pauline Long qualified to be part of the HASSRA North-East team at the Winter Sports Festival in early September this year, also at the University of Warwick. While on this subject, we would like more players to consider entering their Regional competitions, and maybe qualify for the National events. You don't necessarily have to be a Section member for this representation – unless you wish - 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](mailto:pandglong1@gmail.com)



# ***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 telephoning Dave Thomas on 07880 938843 or 0191 2950265. Dave will be happy to coach you and, if there is enough interest, we will arrange a weekend open day when you can bring family and friends along to meet us and enjoy a game in a relaxed atmosphere.

*We look forward to meeting you.*



# 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.

## NESLC BADMINTON SECTION

We meet every Tuesday evening in the Amble Inn from 6pm to 8.30pm.

A friendly club of mixed ability.

New members are always welcome. Only £15 per season for NESLC members.

For more information contact [Jacqueline.Ilderton@hmrc.gsi.gov.uk](mailto:Jacqueline.Ilderton@hmrc.gsi.gov.uk)

## Section

## Contact Name/Details

Basketball



Spencer.Munn@hmrc.gsi.gov.uk

Badminton



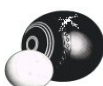
Jacqueline.Ilderton@hmrc.gsi.gov.uk

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

Table Top Gaming



Neslc.tga@gmail.com

Tennis



miguelvino@hotmail.com

Volleyball



Kenny.Dobson@hmrc.gsi.gov.uk

Wine Tasting



Mark.Simons@hmrc.gsi.gov.uk