



NESLC

Newcastle Estate Sports & Leisure Club July Newsletter No 3 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 and social 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.

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.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:

<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@dwp.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@dwp.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@dwp.gov.uk and we'll get the totaliser running again.

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.



Beauty and the Beast

Newcastle Theatre Royal

Sunday 8 December 1pm

Tuesday 17 December 7pm

Wednesday 8 January 7pm

| | Members | 1st Child | Adult Guests & Other children |
|-------------|---------|-----------|----------------------------------|
| 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

York Christmas Market

Saturday 30th November 2019



York Christmas Market visit on the **30th of November**, price includes executive bus pick up from Newcastle Central Station at **8:00** and leaves from York Christmas Market at **17:00**.

Soak up the city's medieval charm and scents of spiced mulled wine this season, as fairs, family fun and festival flavours transform York into a festive fairytale.

Take a leisurely stroll along St Nicholas Fair and soak up the festive atmosphere, as you discover fine Yorkshire produce from crafters and makers showcased at the Made in Yorkshire Yuletide Village. If you're looking for more traditional Christmas gifts, don't forget to wander amongst the many alpine chalets on Parliament Street.

Head down to Kings Square and experience all the fun of the fair. Don't miss the opportunity to slide down a good old fashioned Helter Skelter.

Sample festive food and drink at the St Sampson's Square rustic Yorkshire Barn with delicious treats including hot chestnuts and glasses of warming mulled wine.

There is lots to buy for Xmas presents, plenty of variety things to eat as well as lots of local drinking establishments to wet your whistle.

NESLC Members: £6

Guests: £11.00

NESLC have also arranged payments via bank transfer for this trip and further detail are available on the booking form.

To request a booking form email: mark.wilkinson2@hmrc.gov.uk or neslctickets@yahoo.co.uk or download a form from the NESLC internet site (see page 1 for access advice).



Everybody's Talking About Jamie

Newcastle Theatre Royal

Thursday 2 April 2020 7.30pm

Featuring West End star Layton Williams and EastEnders' much-loved Shane Richie as Hugo/Loco Chanelle.

Jamie New is sixteen and lives on a council estate in Sheffield. Jamie doesn't quite fit in. Jamie is terrified about the future. Jamie is going to be a sensation

Seats are in the middle of the stalls **Cost** NESLC Members £20 Guests £36

Please complete 2 COPIES of the booking form on the NESLC website (see page 1 for access advice) and forward them with your cheque to Theresa Parvin , CAS11, 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 30 January 2020 or sooner if sold out

Cocktail Masterclass to be held on Wednesday 9th October at 6.30pm at Loca South Shields.

Loca is a uniquely designed space serving Latin American food, innovative cocktails, and providing fabulous entertainment.

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

COCKTAIL MASTERCLASS

Make 2 cocktails and enjoy a 2 course meal with a free bottle of red/white wine per table

Menu

STARTERS:

Halloumi skewers (V) Grilled halloumi served with salsa.

Lamb empanadas Puff pastry parcels with a seasoned lamb filling

Vegetable empanadas (V) Puff pastry parcels filled with goats' cheese & butternut squash

Street tacos Corn tortillas filled with brisket chilli, sour cream & guacamole

Baby back ribs Slow-cooked pork ribs with a choice of sauce: Scotch bonnet & mango Jerk BBQ

Jalapeño poppers (V) Breaded jalapeño poppers with sweet chilli dip

Main course

Burrito Traditional burrito wrap, with your choice of filling from the list below, with a side salad or seasoned fries

Tacos Stuffed corn tortillas, with your choice of filling from the list below, with a side salad or seasoned fries

Enchilada Oven baked tortilla, with your choice of filling from the list below, with mixed beans and rice topped with spicy tomato sauce

Filling options for tacos, burrito & enchilada: Pulled chipotle chicken Sweet chilli pulled pork Smoked brisket Mushroom & black bean (V)

Brazilian Xim xim Chicken, coconut & prawn curry with rice

Butternut squash & goats' cheese burger (V) Burger served with onion rings, skin-on fries & corn salad and topped with aioli

The special price for this deal is:

Members: £15

Non Members: £25

Closing date for bookings is 20 September 2019 and will be based on a first come first come basis

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

Please e-mail jill.westgate@hmrc.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.

NEW

NESLC 2019 CASHBACK Offers

Buy any ticket for an Event taking place from 1st July 2019 to 31 Dec 2019

at any of the following venues:

Sunderland Empire

Any Pantomime at any venue

(excluding NESLC subsidised performance at Theatre Royal)

Any show @ The Theatre Royal (excluding NESLC subsidised events)

Any DFDS or National Holiday booking

Ticket must Cost £15 + - to get subsidy of **£10.00**

For the first 30 applications only!

See individual venues websites for details of forthcoming shows/events.

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

pauline.wood1@hmrc.gov.uk

A subsidy is also available for the following Events:

Kynren 2019

Kielder Observatory

Beamish

Any 20/20 Cricket Game at Durham CC

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**

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.

Do you fancy winning a £25 gift voucher

All you have to do is correctly identify the 4 people and tell me who the odd one out is and why. Entries (1 per person) should be sent to myself - george.green9@blueyonder.co.uk

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

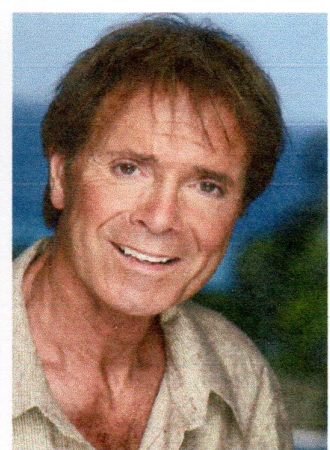
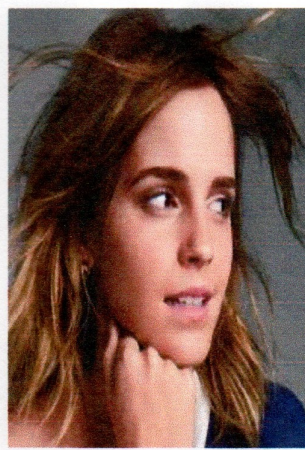
The closing date for entries is Friday 23rd of August and the first correct entry in a random draw will be declared the winner.

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 NUMBER 3 OF 2019 PICTURE QUIZ



Results of the quiz in Newsletter No 2 of 2019:-

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

Answer: 8

Question 2. Which body part can be placed before the following words?: Drum, Ache, Ring?

Answer: Ear

Question 3. Which American state ends with 3 vowels?

Answer: Hawaii

Question 4. Which famous pop group were once know as the Quarrymen?

Answer: The Beatles

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

Answer: Dublin

The winner, randomly selected by Terri Nicholson, NESLC Chair, is Courtney Murtagh-Sandford from DWP Security.

Courtney won a £25 gift voucher and she is pictured below receiving it from Jill Gardner, NESLC Treasurer.



These are the winners of the 'Winner Takes All':

Edinburgh Trip - Nicky Adams

11 December Goldilocks - Donna Biggs

16 January - Goldilocks Jean Patterson

War Horse - Brenda Swann

Meal at Bravi - David Brack

House on Cold Hill - Angela Clarke

NESLC TABLE TENNIS SECTION

In an exciting finish to the 2018-19 Northumbria Winter League season, NESLC Eagles were declared the Premier Division champions by virtue of winning their last match of the season by a bigger margin than Mount A, the eventual runners-up.

They were presented with their trophies at the annual Presentation Night, held on 10th May in the Goals function room at Newcastle Racecourse.

We were hoping to enter at least one team in the Northumbria Summer League commencing in May, but it was eventually decided that not enough players could commit to match play on a regular basis due to holidays and family commitments. It is hoped that at least one team can be entered in the 2019-20 Northumbria Winter League, which is due to commence on Monday 9th September, just after the HASSRA Winter Sports Festival at Warwick. The North East will be represented in the table tennis competition.

It is possible that Andrew Wilkinson may take some more coaching sessions from September if this is required by sufficient Section members. Please let me know if this is the case.

The club practice nights have continued each Monday from 6pm in the Amble Inn throughout the summer, except for Bank Holidays, and will also continue during the winter season. Three tables are generally available if needed, but once the scheduled home League matches start, priority must be given to these matches to continue on to a second table if they are 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 BADMINTON SECTION

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

A friendly club of mixed ability, new players are always welcome.

Only £15 per season for NESLC members. For more information contact Jacqueline.Ilderton@hmrc.gov.uk.

TABLETOP GAMING SECTION

Our table-top gaming section has now been running for several months. Some of our regular games include :

Role Playing Games (E.g. Dungeons & Dragons)

Table top War Gaming (E.g. Warhammer)

And a large variety of board and card games

It doesn't have to end there. Any additional suggestions will be welcomed, and you can bring your own games if you wish.

We understand that some people might prefer one type of game to another but we have plenty of room for multiple games per session and plenty of members to take part.

Eventually we will be looking into local competitions and tournaments that we can participate in as a section.

When you join there will be an annual subscription of £20 (which goes towards our own funds) and NESLC have helped by providing us with funding for essential tools and equipment needed to hold these sessions. They will also support us when entering tournaments and competitions!

So the more people interested the better

We hold sessions every **Friday from 4pm in Room BP5235, Benton Park View**,. So if you are interested you can stop by, or you can contact us at: **neslc.tga@gmail.com**

If we secure enough members there will also be scope to invite associate members from outside HMRC and DWP.

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.

Section

Contact Name/Details

Basketball



Spencer.Munn@hmrc.gov.uk

Badminton



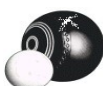
Jacqueline.Ilderton@hmrc.gov.uk

Badminton (Social)



miguelvino@hotmail.com

Bowls



Rory.Adamson@dwp.gov.uk

5-a-side Ladies



Laura.Fairlamb@hmrc.gov.uk

Golf



Iwan.Owen@dwp.gov.uk

Gym



Steve Harris on 07790 085104

Horse Riding



Karen.Thirtle@hmrc.gov.uk

Netball



Emma.Ross1@hmrc.gov.uk

Table Tennis



Pauline Long: Tel 0191 2854827

Table Top Gaming



Neslc.tga@gmail.com

Tennis



miguelvino@hotmail.com

Volleyball



Kenny.Dobson@hmrc.gov.uk

Wine Tasting



Mark.Simons@hmrc.gov.uk