

S&SC NEWSLETTER...

Welcome to the Spring newsletter of the Barnwood Sports & Social Club. Our featured section this time is the Rifle & Pistol section – read about their activities for members and how their open days for EDF staff can help reinforce safety culture messages too. Turn over for info about the new Keep Fit sessions, pictures from the panto and S&SC Office opening times.

Rifle & Pistol Section

The Barnwood Rifle Club is both a unique asset and an active section of the EDF Energy Sports and Social Club, originally established when the Barnwood site was first commissioned (the site architect being a keen marksman himself!). Today, the club continues to benefit from increasing membership, representing EDF Energy at regional sporting events and hosting “open days” for EDF Energy teams and staff, promoting the alignment between Firearms Safety and Nuclear Safety Culture behaviours.



Competing as part of the Gloucestershire Light Sporting Rifle league, the EDF Energy team has won a number of awards, represent the club across a number divisions (including the prestigious Division 1) and in 2014 two EDF Energy marksmen placed within the top 10 of the 100+ strong league.

Mauro Cantoni
Rifle & Pistol Section

The rifle range in action!



Rifle Club Contact Details

If you'd like any further information on joining or open days with the Barnwood Rifle Club, please contact Joe Eckersley (777-3734) and/or Mauro Cantoni (777-6648).

Where to find S&SC Info!

Website: www.barnwoodssc.org.uk
Outlook: BWD Sports & Social Bulletin Board
S&SC Office & Notice board

NEW EXERCISE CLASSES

**Get fit at
lunchtime!**



**In the
pavilion!**

Monday 12:10 to 12:40: Dance Tone

Simple dance routines and beginners aerobics moves to improve overall fitness. Fun class suitable for beginners and the less fit.

Wednesday 12:10 to 12:40: Stretch and Flex

Basic yoga-style exercises, focussing on core strength and posture. Non-sweaty! Ideal antidote to a working life spent sitting in a chair!

The new classes are Shorter and less intense than the current keep fit classes, these are ideal for people who need to improve their fitness and are easy to fit into your lunch hour.

Classes cost £4 and are run by a qualified instructor. Contact Jackie Martin by email for more details.

S&SC Office Opening Times

Wednesdays 10am – 2pm
Ruth Dixon (Accountant) x3388

Thursdays 10am – 3pm
Anna Eaton (Administrator) x2058
Anna.eaton@edf-energy.com

If no one is in the office please email or leave a message.

Panto Success!

BADCo's recent production of Dame Sweetly Goes West was a great success, with a donation of over £1500 anticipated for Gloucestershire charity Headway. See if you can spot anyone you know!

