

Sports, leisure, offers and volunteering...  
Something for everyone!



# A little something about us

We are a membership organisation with over 100,000 members. We positively promote individual health and well-being to the public sector including the civil service.

Experience the great diversity of CSSC; have fun, get active, try out new hobbies or activities and make new friends.



## Love sport?

CSSC organises a huge range of events for all abilities on local, regional, national and even international level. Activities range from football, netball, tennis, rounders and angling to surf camps, tenpin bowling and sailing.

## Let us help you

Do you take part in 10K runs, marathons, half marathons, triathlons and/or cycling? CSSC offers members a fantastic subsidy on entry fees for any of these events.

Visit [www.cssc.co.uk/subsidyscheme](http://www.cssc.co.uk/subsidyscheme) or call 01494 888435.



## Fancy a health & fitness centre at work?

To date CSSC has installed over 300 facilities throughout the UK, catering for offices of 250 to 5,000 staff. No office is too big or too small for us! Contact [alan.peed@cssc.co.uk](mailto:alan.peed@cssc.co.uk) to find out more information.



## Not a fan of sport?

CSSC organises a huge range of activities from hill walking, shopping days and theatre trips, to pudding clubs, spa days, cinema discounts and cookery schools to name a few.



## Thousands of fantastic offers just for you!

Get discounts at high street stores, cinemas, gyms, restaurants, holidays, fun days out and much more! Many of these discounts are available with easy to use Shopping Cards. Simply order these through Countdown and then top them up to keep saving.

Countdown's offers and CSSC's own online shop make a powerful combination of money-saving opportunities.



countdown 



# Make a difference

Become a CSSC volunteer! Feel proud and be part of our army of volunteers who contribute their drive and their talent to benefit others. Contact [hedley.featherstone@cssc.co.uk](mailto:hedley.featherstone@cssc.co.uk) for more information.



# NHS choices

We work closely with NHS choices. This offers a gateway to the NHS providing medical advice on a whole range of illnesses, along with health information, lifechecks, workplace health assessments, chronic illness advice and training programmes.



# Membership for life

Make CSSC your partner for life! Even if you leave your job you can still retain your CSSC membership and continue to enjoy all the fantastic benefits. If you retire, your membership is even better value with a 10% reduction in subscriptions.

For more information, get in touch on 01494 888 444 or visit [www.cssc.co.uk/membershipforlife.aspx](http://www.cssc.co.uk/membershipforlife.aspx)

We go together like...



...make CSSC your partner for life

## Win a car or cash!

As a member you'll be entered into our fantastic members' draw three times a year. This gives you the chance to win a car and many other prizes.



## Linked membership

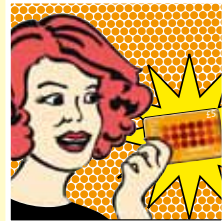
Up to 3 of your friends and family can join CSSC and link with your membership! They'll get all the same benefits of membership as you and you'll get £5 loaded onto a Sainsbury's shopping card for each one you encourage to join.



## Member get member

For every member you encourage to join CSSC, you'll receive a £5 Sainsbury's shopping card to spend on whatever you like.\* There's no limit to the number of people you can recruit, so start earning today and treat yourself!

\*offer ends 31 December 2011



CSSC Sports & Leisure

7-8 Buckingham Place

Bellfield Road

High Wycombe

HP13 5HW

01494 888444

[headoffice@cssc.co.uk](mailto:headoffice@cssc.co.uk)

[www.cssc.co.uk](http://www.cssc.co.uk)