

HASSRA W.M. NEWS

May 2020



National Lottery Winners:

Congratulations to the latest West Midlands HASSRA national lottery winners in the **April 2020** draw:

£2,500: Anonymous winner (Newcastle Under Lyme JCP)

£1,000: Catherine Garvey (Telford Newtown House)

£1,000: Monique Malone (Wolverhampton Molineux House)

£250: Lucy Furamera (Birmingham Ravenhurst)



London Marathon Lockdown

On Sunday 26th April, HASSRA member Debbie Osborne from Telford Newtown House should have been pounding the streets of the capital as she took part in the London Marathon, raising money for Look UK. Instead, with the marathon postponed due to the Coronavirus lockdown, Debbie decided to wheel her treadmill out onto her drive at home and run 26.2 miles to raise money for the NHS charities.

Debbie said, "I received tremendous support from family members, neighbours and complete strangers! It took just over 5 hours and was brutal, it's not to be repeated. I set out to raise £200, I know so many people have already donated to the NHS charities and wanted to do my bit. To date I've raised just over £1,000 so am very happy".

In addition to the 26.2 mile lockdown run, Debbie has been joining colleagues at Telford Newtown House as they've taken part in a daily squat challenge to keep active during these challenging times. The group, pictured opposite, started off by completing 50 squats, with the aim of gradually increasing up to 250 on 12th May. Whilst observing the social distancing guidelines, here they are in action.



HASSRA Lockdown Fitbit Fitness Tracker Giveaway

A total of 626 people entered our Lockdown Fitbit 'fun and free' competition. With no question to answer, you simply had to email your details to be included in the draw. The 5 lucky winners, selected at random to each receive a Fitbit tracker were:

Michelle Clay (Walsall Bayard House JCP)
Amanda Griffin (Bilston JCP)
Heather Smith (Dudley CMG)

Michelle Howes (CFCD Bilston)
Praful Patel (Dudley JCP)



Keep a look out for more 'fun and free' competitions coming soon!

HASSRA West Midlands 2019 Annual General Meeting

The HASSRA West Midlands 2019 Annual General Meeting (AGM) took place exceptionally via telekit on Wednesday 13th May 2020. During the AGM, Regional President Alice Hopkins and Chair Andy Richmond thanked members and club officials for their support and continued hard work in making 2019 an extremely successful year for HASSRA West Midlands. In addition, Andy thanked members for their incredible generosity as the region raised over £39,000 for local and national charities. The Board of Management (BOM) was elected for 2020 and includes 2 new additions; Andy Collin from Hanley Jobcentre and a return for Moz Baker as a National Associate Member. The full BOM is confirmed as:

Andy Collin
Gareth Niblett
Moz Baker
Sonia Wright

Asma Choudhury
Jo Jones
Paul Hextall

Brenda Viney
Lorraine Morris
Sandra Pollard

Daniel Suggitt
Mandy Chilton
Shelly Smith

Full minutes of the meeting are available upon request if members would like to see them. To request a copy please email HASSRA.WestMidlands@dpw.gov.uk.

A Helping Hand in Difficult Times

HASSRA members and colleagues at Walsall Service Centre have been offering a helping hand to Acorns Children's Hospice during this difficult period.

Walsall Service Centre supports Acorns all year round but they decided to step up their offer of support during the current crisis. With the Acorns Hospice in Birmingham being used to care for COVID-19 patients, children from the Birmingham site were transferred to Walsall, meaning an even greater demand on their services. DWP staff were asked to donate food items to the cause and they responded in their numbers with a vast range of items including juice/squash, tinned and packet foods, long life milk, cereals, biscuits, cakes, crisps, part-baked baguettes and eggs to name just a few, along with nappies, baby wipes, toilet roll and tissues. In addition to the food items Walsall Service Centre also handed over a cheque for £200 raised from a dress down day on Thursday 2nd April. Needless to say the Hospice were absolutely delighted with what they received and thank everyone for their generosity during this difficult period.



Walsall Service Centre will continue to offer support to the Hospice for as long as they need it – well done everyone!

Join the HASSRA National Lottery TODAY!

The HASSRA Lottery has a total of £55,000 in cash prizes up for grabs every month

You can opt to buy anything up to a maximum of 20 numbers at £1.00 each per month.

Each month we give away:

- A top prize of **£12,500**
- 4 prizes of **£2,500**
- 15 prizes of **£1,000**
- 25 prizes of **£500**
- 20 prizes of **£250**



Payment for lottery shares will be made by monthly deductions from pay or pension in the case of members whose payroll or pension provider makes deductions on behalf of HASSRA or by annual payments in advance in the case of ordinary and associate members who cannot pay by deductions from their pay or pension.

To join, simply visit your HASSRA Live online account.

You have to be in it to win it!

Happy Times & Thanks in Hanley

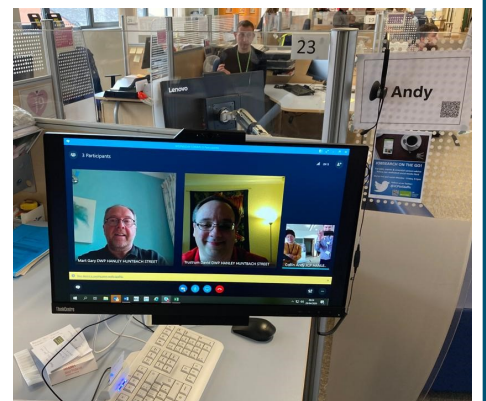
HASSRA at Hanley Jobcentre in Stoke on Trent has been using their Wednesday morning comms meetings to bring some fun to the office during these unprecedented times.

Fun activities each week have included quizzes, Play Your Cards Right and music rounds amongst many other things, but the general idea has been to have some fun.

At the end of April the site Leaders wanted to say “thank you” to all staff for the hard work they have been doing since Coronavirus changed the way we work. The Leaders arranged for rainbow hearts to be made with the message “Thank You Key Worker” on the attached ribbon. Whilst observing the social distancing guidelines, all staff were presented with one individually as their colleagues clapped their appreciation. Even those staff members self-isolating and working from home Skyped in via video call to take part. Everyone had a thoroughly enjoyable time and greatly appreciated the kind gesture from the site managers.



Keeping everyone involved: Colleagues use Skype video calls (right) to keep those working from home involved. A great and innovative way of using our technology to keep in contact!



Hotpoint Privilege Purchase Club

SAVE 20% OFF THIS MAY

Visit the [Hotpoint PPC website](#) to make the most of this great deal.

Offer expires 31st May 2020.

Log into your HASSRA Live account to obtain the 20% off voucher code.

You can find full details of all HASSRA Offers in the [Offers and Discounts](#) section of HASSRA Live.



Health & Wellbeing at Handsworth



HASSRA members and colleagues at Handsworth Jobcentre in Birmingham have been focusing on their health each morning during these difficult times. For several weeks now, the office has been taking part in regular stretch classes, led by a member of staff who is a qualified instructor. Everyone has joined in whilst the office is closed to the public.

Colleagues at **Leominster Jobcentre** in Mercia District have been taking part in a Pilates class 3 times a week. The exercise has received great feedback from colleagues who are sitting for longer periods in this new way of working as it has really helped ease stiff shoulders and backs, whilst improving posture. Rachel Morris said, "It's been a great laugh! We all need some light relief in these uncertain times."

Stimulating Body & Mind

HASSRA members and colleagues at Redditch Jobcentre, led by Mental Health First Aider Julie Paton have been busy working up a lunchtime sweat during the lockdown to stimulate their physical and mental wellbeing.

Aware that many colleagues who normally go to the gym, are unable to do so, Julie suggested the office undertake some fitness whilst in work. Over recent weeks, every day at 12 noon, around 8 colleagues go to a large room in the Jobcentre and whilst adhering to social distancing, complete a 20-30 minute workouts. They've used some of the Joe Wicks workouts on You Tube through an iPad, done legs, bums and tums and even some circuits. The workouts have been lots of fun and enabled people to work off some of the tension and excess calories being consumed.

Julie said, "As a Mental Health First Aider, I understand the need for physical exercise to help to maintain good mental health. Being able to take this time out for exercise has been amazing for us all. During a time when we are all very busy and stressed with the 'new normal', it has certainly helped us to retain a sense of calm, maintain good mental health and it has brought us closer as a team because we are not only working but we are having fun together."

HASSRA Regional & National Award Winners 2019

The HASSRA National Award winners were announced during the Annual General Meeting via telekit on Thursday 14th May and we are delighted to confirm that the West Midlands had **3** national winners! Congratulations to:

- **Walsall Service Centre** - winners of the **Best National Large Club**
- **HASSRA Shrewsbury** - winners of the **Best National Small Club**
- **Gareth Niblett** - winner of the **National Business Sponsor of the Year Award**.



In addition to the above award winners, HASSRA West Midlands was awarded Highly Commended in the Best Regional Association category. The full breakdown of both our West Midlands Regional winners, along with the National winners for 2019 are listed below.

Award Category	West Midlands Winner	National Winner
Business Sponsor of the Year	Gareth Niblett (HASSRA Shrewsbury)	Gareth Niblett (West Midlands)
Volunteer of the Year	Daniel Suggitt (Telford Newtown House)	Winner: Wendy Longman (Wales) Highly Commended: Peter Jones (London)
Best Sports Person	Jo Jones (Associate Member)	Janine Crosby (Yorkshire & Humber)
Arts & Crafts	Annie White (Walsall Service Centre)	Helen Boyce (Wales)
Wellbeing Award	Hanley & Kidsgrove Jobcentres	HASSRA Lincoln (East Midlands)
Single Activity Club	West Midlands Trips Society	HASSRA London Golf Club
Best Large Club	1. Walsall Service Centre 2. Telford Newtown House 3. Wolverhampton Molineux House	Walsall Service Centre (West Midlands)
Best Small Club	1. HASSRA Shrewsbury 2. HASSRA Herefordshire 3. Walsall Bayard House JCP	HASSRA Shrewsbury (West Midlands)
Best Communication	HASSRA Shrewsbury	N/A
Lynda Gadsden Memorial Trophy: An outstanding contribution to charity	Roger Price (HASSRA Shrewsbury)	N/A
Best Region	N/A	Winners: South West Highly Commended: West Midlands and Yorkshire & Humber

Congratulations to all our thoroughly deserving winners

Lockdown Photography Competition



HASSRA West Midlands is inviting you to enter our Lockdown Photography Competition by sending in your best snap from lockdown. Whether it's an image taken at home, or one whilst out on your daily exercise, send us your best photo to be in with a chance of winning. The best photo will receive a £50 Love2Shop voucher, whilst x2 runners up will each receive a £25 Love2Shop voucher.

Entry to the competition is strictly limited to 1 photo entry per HASSRA member.

To enter send **your photograph**, along with **its title**, **your name**, **HASSRA membership number**, **office Location** and **contact telephone number** by email to hassra.westmidlands@dwp.gov.uk or **DWP HASSRA West Midlands** on the GAL.

Entries must be titled **'Lockdown Photo Competition'** in the subject line of your email.

Closing date for entries is 4pm on Friday 29th May 2020

Photographs can be taken using any kind of device; camera, tablet or smartphone. All entries will be judged by an independent panel.

 **HASSRA**
West Midlands