

HASSRA South East web-site:  
[www.hassra.org.uk/south-east](http://www.hassra.org.uk/south-east)

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## December 2023

### Competitions

- ◆ **HASSRA South East's Annual Advent Calendar:** National HASSRA have made 'improvements' to their HASSRA Live 'Win!' competition program and unfortunately it means that all the winners were informed they'd won something four days before before the calendar was actually up and running! We have decided, then, that we won't be having the daily window opening in the same way as previous years. The aforesaid winners don't yet know what they have actually won so, in the spirit of the Advent calendar, we will report their names and prizes daily one at a time on the [South East website](#) every day from the 1<sup>st</sup> to the 24<sup>th</sup>! Perhaps next Christmas we will be able to come up with a way round this and have another proper Advent Calendar!
- ◆ **Elf Race:** They're off!! Go to [South East website](#) or the HASSRA South East Facebook page to see if your elf is still in the race!
- ◆ **Winners:** To see the 2023 Winners so far [click here](#).



### Sports and Social Events

- ◆ **2024 AGM** – Civil Service Club London, 20 March 2024
- ◆ **Festival dates for 2024:** July – Friday 12th – Sunday 14<sup>th</sup> and September Friday 6th – Sunday 8th

### News

- ◆ **Sector 3 Contacts:** Hi, I am one of the HASSRA Southeast Region sector representatives. I have been a HASSRA member for over 50 years. During this time I have covered various roles in my local clubs. I live in Basingstoke and am available, if you need any help, support or advice for your local HASSRA club (Click [here](#) for Colin's email address). Tracy Champion and I cover all Hampshire and Isle of Wight Clubs.

I joined the South East Board of Management last year shortly after my retirement to try and pay back some of the life changing moments that HASSRA has bought me - I met my wife when we were both competing for the HASSRA National Swimming team 😊 and that memory comes a close second to getting sent off in the HASSRA Mixed 5 a-side Football in 1975! Not sure why they never ran that competition again.

**Colin Meadows**

- ◆ **Hi Everyone, I'm Tracy Champion** and I am secretary for the South East HASSRA Region and also Sector 3 contact alongside Colin. I have been a HASSRA member for 30+ years and have taken part in many events and activities over the years. If you have any questions, need support within your club, are thinking of setting up a local club or are not sure who to approach then give me a shout! 😊

- ◆ **Taster Days:** Keep a watch out for various taster days that we have planned starting in 2024! This Newsletter will bring you up to date!

- ◆ **Training for Volunteers:** Check out the new and improved [Volunteers](#) section of HASSRA Live, where you'll find loads of guidance including [A Year in the Life of a Club](#), and how to book [Training](#) on HASSRA Live on anything from doing events and competitions to sending mailshots to your club members. There's also guidance on [How To](#) run an AGM, organise meetings and events and much more. You'll also find the latest [Marketing Materials](#) available for you to order or download as you require them.

**Ray**

### Happy Christmas!

- ◆ **To All South East Members,** Have a Very Merry Christmas and a Happy New Year. Hope to see you all at our 2024 Events and Festivals, - **Love Dave xx**

- ◆ **On behalf of the HASSRA Southeast Bowls Section** may I wish all HASSRA members a very merry Christmas and a happy and healthy new year.

Maybe this is the year that you will try your hand at Bowls? We are a small but friendly group who meet up during the summer and play both Singles and a Pairs competitions. We would be delighted if you could join us. If you have any interest at all and would like more information please contact [Keith](#).

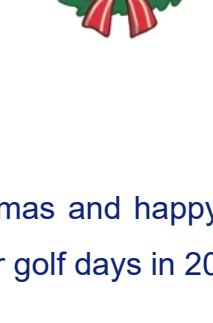
**Chris**

- ◆ **From the HASSRA South East Vice Chair** As we reach the end of another HASSRA year, I would like to thank everyone for their participation in the events and competitions that Region have run. Some winners are yet to be notified of their success in the Advent Calendar competition and their Elves are still vying for a position on Santa's sleigh so we have not finished with prizes just yet. Look out for many more opportunities in 2024. Have a great festive period in what ever you are doing.

**Keith – South East Region Board of Management Vice Chair.**



Merry Christmas to all our members  
From  
Tracy Champion IOW (sector 3)



- ◆ **The Golf Organiser:** A very merry Xmas and happy new year to all you golfers out there. Look forward to your support for our golf days in 2024.

**Richard**

- ◆ **Our HASSRA South East Chair:** Wishing all our loyal HASSRA members in the South East a merry Xmas and a happy and healthy New Year, with my sincere thanks to all of you who have given your time and efforts throughout 2023 for the enjoyment and benefit of others. Looking forward to enjoying your company again in 2024.

Nadolig llawen a Blwyddyn Newydd Dda i chi gyd,

**Paul W.**

### SEView News

- ◆ **Plea HASSRA South East Running Championship 2023**

This year we tried a "virtual" format. Not attracting great numbers but those who took part seemed to find it easy to do & report result....and it was certainly very easy to administer.

Almost everyone used Parkrun to do their 5k, they are weekly at 9am on Saturdays and there are hundreds of them across the world. In the South East you are never more than about 20 miles away from a Parkrun.

Congratulations to all who took part, some great times there.....and it certainly proved the adage that "you have to be in it to win it" as both our walkers (Jane & Donna) won prizes! Hiren took overall honours with an excellent 20m 01s Parkrun at Folkestone, well done – a great run.

The ladies provided a dead-heat for 1<sup>st</sup> place – remarkably both at the Leas (Minster) Parkrun but on different Saturdays. What would have been the odds on that? ....Well done Laura & Julie – would be a good one to watch if you both run it together!

We only had 2 "vets" (age 65 plus) so well done to Colin M & Jane. Jane was the only "non-parkrunner", doing hers in the heat in Cyprus at a 5k charity race (& no, I was not doing the timing!!)

There were no Male nor Female teams (3 from same HASSRA club) but as there was a "three" from Southampton, we are awarding them a team prize  
We had also decided to give a number of randomly selected "spot" prizes and have stuck with this – giving them to the remaining 4 participants.

I suspect anyone reading thus far has picked up by now the theme – this is an easy competition to take part in & have a reasonable chance of winning a prize.....and even if not, you will be getting out there & exercising. So please help get this message across to more members and try to make next year's a much bigger event. There must be lots of you thinking "I can beat that" – well next year could be your opportunity!

Also, watch out for the next April Challenge where members, family & friends can exercise and help clubs raise money for their local charity.

Thank you to those that entered. Here are the full results. Well done to all winners, prizes are vouchers and will be with you shortly

1.	Hiren DHANECHA	Folkestone	20m 01s
2.	Duncan AUSTIN	Gatwick Diamond	21m 47s
3.	Colin CASTLE	Tonbridge	22m 11s
4.	Clint WILLIAMS	Worthing	24m 27s
5.	Laura FORSTER	Canterbury	25m 48s
	Julie HATT	Sheerness	25m 48s
7.	Colin MEADOWS	Southampton	27m 43s
8.	Karen HARTY	Surrey	27m 52s
9.	Shirley LEAMAN	Southampton	31m 02s
10.	Mark DUNN	Hastings	38m 24s
11.	Jane BASHFORD	Hastings JC	52m 39s
12.	Donna HACK	Southampton	66m 30s

Prizes		
1 <sup>st</sup> Male	Hiren DHANECHA	£50
2 <sup>nd</sup> Male	Duncan AUSTIN	£25
1 <sup>st</sup> Female	Laura FORSTER	£50
(Joint)	Julie HATT	£50
Male Vet	Colin MEADOWS	£50
Female Vet	Jane BASHFORD	£50
Team	SOUTHAMPTON	
	Colin MEADOWS	£25
	Shirley LEAMAN	£25
	Donna HACK	£25
Spot Prizes		
	Colin CASTLE	£10
	Clint WILLIAMS	£10
	Karen HARTY	£10
	Mark DUNN	£10

### HASSRA Live recent National offers:

- ◆ Enter our latest competition for a chance to win one of 4 x £500 SpaBreaks Vouchers, with an additional 12 x £250 Vouchers to win as well. Entry closes at midnight on Sunday 10th December.

<https://www.hassra.org.uk/win>

### Information

- ◆ **Please check your HASSRA Live profile** to ensure that it shows the correct preferred club details as this is important for the end of the year as your club rebate is based on this information. There are a large proportion of our membership who are not attached to any club and could be missing out on local activities too. If you need to change, use the enquiry function in HASSRA Live to get details updated.
  - ◆ **Does your HASSRA Live profile use your work email address to send you offers?:** If so, please consider changing to a non-work email address. Last minute cinema tickets etc. would be presently sent to your work email and you may not have access to them in evenings/weekends or holiday periods so try to change now. Also, you should make sure you are signed up to Newsletters by ticking the box to say you want to receive mail from HASSRA. Then you'll be able to receive this Newsletter as soon as it's sent out on the 1<sup>st</sup> of each month rather than having to wait to view it on the website!
- **Charity Champion:** Send charity details to Tracy by [clicking here](#)!
- **Regional Facebook site:** [Click here](#) Office name / HASSRA Live membership number are required.
- **National Offers:** [click here](#) One cinema ticket could recoup a months membership cost!!
- **The 2023 Calendar of HASSRA South East events:** [Click here](#).
- **HASSRA presentations at local Well Being sessions:** Presentation PowerPoint [Click here](#).
- **To view earlier Newsletters:** [Click Here](#)
- **To view the winners of the SE competitions and Events:** [Click here](#)
- **Sector Contacts:** [click here](#).
- **CPR help:** For mini – Annie CPR pack information [click here](#)

◆ [Maggie Smith \(Editor\)](#)

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