

HASSRA South East Regional Newsletter March 2024

- ★ **Hunt the Bunnies!** And be in with a chance to win a £50 or £25 Love2shop voucher! Sign on to 'Hunt the bunnies' on [HASSRA Live/Win!](#) and find the Bunnies by searching on to the HASSRA South East website - <https://www.hassra.org.uk/south-east> - and find the link you need by working out the cryptic clue – all links are listed on the left-hand side of the webpages. On the appropriate page you will find a picture of a bunny rabbit – what is the bunnies name?!
- ★ **April Challenge** This year we've included swimming and cycling! For further details of this exciting event click [HERE](#). Run/walk/cycle/swim for your local office charity this April! Register on HASSRA Live by clicking [HERE](#)
- ★ **New Blood Needed!** With the annual AGM approaching, we are keen to get some new blood on the Regional Board of Management. The Board meets four times a year in London in a relaxed and friendly environment and it is an opportunity to get involved in the broader aspects of the HASSRA South East programme. Board nominations are considered at the AGM for the following year but there is also an open invitation to attend a Board meeting on a "suck it and see" basis. We are able to second people to the Board where this is considered mutually beneficial and this can lead to full membership of the Board at the next AGM.

So if you are interested in exploring this opportunity you can do one of two things. Either inform me that you want to be considered for Board membership at this year's AGM, in which case we can arrange a chat about your interest and what you might bring to the Board, or you can indicate that you would like to attend a Board meeting to gauge whether it is something for you or not. Our next meetings following the AGM will be on 19 June and 11 September respectively.

You can email me [HERE](#) - and with this year's AGM fast approaching on 20 March, the sooner, the better!

Please have a think about it!

Paul Wyatt

HASSRA SE Chair

- ★ **Footgolf!** HASSRA South East Presents a Taster Day at Antlands Lane, Copthorne, Horley RH6 9TF on Friday 15th March 2024. Closing date for entries is:

Friday, 8th March 2024

Click [HERE](#) for further details

- ★ **Taster Day Event Courtesy Of HASSRA South-East** Saturday, June 15th. Based at 'NUTS' Henfold lakes, Dorking, Surrey. Be taken round a 5k course in one big group and find out how much fun an obstacle course/mud run can be. The perfect way to introduce yourself to the sport, and the whole cost is covered by HASSRA South East. Closing day for entries Friday 7th June.

Click [HERE](#) for further details.

- ★ **Photography Competition – Last few days!** Categories: 'Gold or Silver', 'Food or Feast', 'Favourite Toy', 'The Digital Age', 'Insects or Spiders'. Prizes: £50 Love2shop voucher for the first in each category, £25 Love2shop voucher for the runner-up in each category and £50 Love2shop voucher for the overall winner. Up to three entries for each category will be accepted and it **must be your own work**. Give your name, office and HASSRA Live membership number. State which category you wish to enter each photo in and give each photo a title e.g. 'Gold or Silver – My bracelets charm'. Entries will only be accepted from HASSRA South East members. Winners will be notified by email.

The competition closes:

Saturday, 17th March 2024

Send in your photographs by clicking [HERE](#).

- ★ **Regional AGM Wednesday, March 20th** – a chance to meet your fellow HASSRA colleagues and let us know what you'd like to see in 2024! You will be able to register to attend via [HASSRA Live 'events'](#).

- ★ **July Festival at Warwick University** Friday 12th – Sunday 14th July 2024. Archery, Badminton, Coarse Angling, Footgolf, GK Quiz, Give Us a Clue, Gym Based Triathlon, Mens 5 a side Football, Mixed Rounders, Music, Squash, Tennis, Walking (TBC), Wild Swimming (TBC).

We will have qualifiers for: Coarse Angling (run by angling society), Footgolf (at taster day) and GK Quiz. Other events will require expression of interest.

N.B If we are oversubscribed for any event we may have to hold a qualifier.

Expressions of interest to: dave.philp@dwp.gov.uk

Helpful Links

- ★ **HASSRA WhatsApp:** Click [HERE](#) to sign on
- ★ **Charity Champion:** Send charity details to Tracy by [clicking here!](#)
- ★ **Regional Facebook site:** [Click here](#) **Your Office name and HASSRA Live membership number** will be required.
- ★ **National Offers:** [click here](#) **One cinema ticket could recoup a months membership cost!!**
- ★ **The 2024 Calendar of HASSRA South East events:** [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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HASSRA South East web-site:
www.hassra.org.uk/south-east

HASSRA South East Email:
hassra.southeast@dwp.gov.uk