

NEWSLETTER

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The HASSRA South East Advent Calendar is on!

Go to **HASSRA Live 'Win!'** to tick 'yes' that you wish to be entered. Prizes for this competition start when the first window is opened on the 1st of December revealing the winner of a £10 Love2Shop voucher. The prize increases by £10 every day as each window is opened up until the 24th, where the winner wins a brilliant £240 Love2Shop voucher! All prize winners will also receive a 90th Anniversary flute!



The competition closes Sunday 23rd November. Good luck!

Christmas Race 2025



Only 5 days left to register your Snowman! Go to **HASSRA Live 'Events'**, to register your snowman and give them a name and a colour for his hat and belt. Prizes include one **£100** Love2Shop voucher, two **£50** Love2Shop vouchers and four **£25** Love2Shop vouchers. Registration closes midnight, Wednesday 5th November.

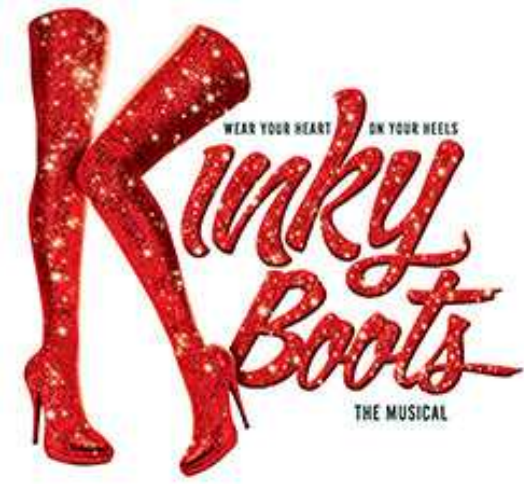
Autumn Photography Competition

You can view all the entries to this compen at **HASSRA Flickr**. (This link cannot be accssessed by a DWP computer).

Winners will be contacted shortly.



KinkyBoots



Starring Johannes Radebe (Strictly Come dancing)

At the London Coliseum

Wednesday, 22 April 2026 • 19:30

Hassra members £50

Non Members £60

Payment by 27th February

National News - Hot off the press!

The payroll problem has now been rectified and the intention is to have the Double Draw at the end of November - which should ensure prizes will be in time for Xmas!



HASSRA South East 2025 Running Competition

There is still time to sign on for this exciting event, this year - a "virtual" one!

The event is open to **ALL** South East members. The 5 kilometre run (or Walk) must be done between Saturday 25th October and Sunday 30th November

It can be done anywhere but must be in an organised event that gives you an official time which can be verified by the HASSRA organiser (Andy Bashford)

A good way to do this is by taking part in a Saturday morning parkrun – free to enter, there are many in the South East and indeed, all around the UK and across the world. Check out Parkrun UK for details of locations and how to take part...but you can use any organised 5K event as long as it is within the period above

As this is our Regional Championship, there will be prizes for 1st and 2nd fastest in the Male and Female categories (as per UK Athletics) but to give everyone a chance there will also be a number of prizes given to those drawn at random from all official times submitted

So what have you got to lose? Find an event, lace up your trainers, give it your best shot, send in your time and you could be a winner...you never know, you might like it and want to do it again – parkrun is every Saturday morning and it is free!

Sign on at HASSRA Live 'Events' by November 23rd and then send your results to andybashford71@gmail.com by midnight on Wednesday 3rd December

Good luck everybody!

Curling Taster for Friday 28th November 2025

Only ten places left so sign on at **HASSRA Live!** by 7th November at the latest!



(Remember, we pay for these taster days with your club subscriptions so, if you sign up to attend and subsequently don't turn up, you could be asked to pay for the wasted place.)



South East Spotlight is your space in our monthly newsletter where we showcase the amazing achievements of our community.

Just drop the editor an email by [clicking here](#) with a short description of your achievement, a photo if you have one, and why it matters to you.

You bring the spotlight – we'll make sure it shines!

Online SEView Bulletin



Disclaimer



Please note that it is normal practice for us to take photographs at HASSRA events for the benefit of others, so unless an individual specifically requests that their photograph does not appear anywhere it will be assumed that there is no objection.

Useful Links

[Useful South East HASSRA links](#)
Updated

Maggie Smith

(Editor Monthly Newsletter)

[For Printable version of this Newsletter click here](#)

HASSRA South East web-site:
www.hassra.org.uk/south-east

The Next HASSRA South East NEWSLETTER will be out on December 1st.

[Maggie Smith \(Editor\)](#)