

HASSRA South East

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

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

October 2023

Competitions

- ◆ **Cricket Predictions Competition:** £100 Love to Shop Voucher for the winner - £50 Love to Shop Voucher for the Runner Up - £25 Love to Shop Voucher for places 3rd to 6th. To be in with a chance to win, just enter via [HASSRA Live events!](#) Entries close at midnight on Friday 6th October 2023.



- ◆ **Halloween Quiz:** Go to HASSRA Live 'Win!', 'HASSRA South East Halloween Quiz'

5 x £50 Love2Shop vouchers

5 x £25 Love2Shop vouchers to be won!

- ◆ **Elf Race:** This years Christmas race involves Elves – you will be able to enter your elf on HASSRA Live 'events' from October 16th so watch out for further details!



Sports and Social Events

- ◆ **Running Championship 2023:** There is still time to sign up for this exciting event!

Prizes: £50 Love2Shop voucher for winners in each of the categories

£25 Love2Shop voucher for the runner up in each of the categories

Plus £10 **Love2Shop vouchers** 'spot' prizes

As with England Athletics, there will be MALE and FEMALE categories – and the distance will be 5 kilometres for everyone! [Click here](#) for further details! [Click here](#) to sign up on HASSRA Live.

- ◆ **Angling:** The Winter Shield competition takes place Friday, 6th October at Monk Lakes, Wilton. There are still places so if you wish to attend contact [Dave](#) ASAP so that he can book the food for the presentation dinner!

News

- ◆ **Sector Contacts:** Local club members can contact their sector contacts with any club concerns or queries they may have - accounts, charity events, recruitment etc.

There has been a slight change around with the contacts recently so do check before you email. For further details [click here](#).

Unfortunately, there are still some 2022 club accounts outstanding, if you are having problems please email your sector contact for help.

Sports and Social Events

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Information

- ◆ **CPR help:** HASSRA South East have a mini – Annie CPR pack which allows you to learn CPR hands-on. For more information [click here](#)
- **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](#).

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

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