

**FEBRUARY NEWSLETTER**

Hello All

I lose track which lockdown we are in right now, it seems never ending, I hope you are all keeping well and staying positive

This week Hassra SW supported Time to Talk events right across the region and it has reminded me that it's so important to keep talking to each other right now. We can still do this face to face, even if it is on Teams, Zoom or whatever platform you choose.  So, whilst Time to Talk day was a specific day to get us all talking about mental health let’s remember that the pandemic has been an immensely difficult time for so many people so please keep your conversations going, keep checking in with each other and offering a friendly ear.  More information can be found here <https://www.time-to-change.org.uk/>

If you haven’t checked out the Hassra Live site recently head on over to see what’s new, you will spot there is a National Buddy Draw where you have the opportunity to win cash prizes by recruiting a colleague who isn’t already a Hassra member.  There is even a You-Tube video you can use to tempt them in, highlighting what Hassra has to offer.

The Lockdown section has an ever growing selection of competitions and opportunities to win, from valentine poems to Six Nations Rugby so take a look.  Whilst you are on Hassra Live why not take the opportunity to check it holds your latest details and personal email address.

Hassra SW is holding the AGM on Wednesday 17th March, this will be a virtual event held on MS Teams. We are always looking for new Board of Management Members (BOM) so if you think you can make a difference to Hassra SW pop a nomination form in by the 17th February.

Take care everyone, Spring is nearly here, the days are getting longer, look after yourselves, stay safe

Jo

**FEBRUARY Fun and Free** – don’t forget to enter in our SW Fun and Free competition for the chance to win £100. Just log into your Hassra Live account, go to Win, then use the drop down for regional instead of national and enter. Good Luck

**HASSRA LIVE Account** – if you haven’t already registered with Hassra Live then please click on the link <https://www.hassra.org.uk> If you need help just email us HASSRA.SOUTHWEST@DWP.GOV.UK

**National Lockdown Competitions** – Have you entered any of the lockdown competitions, there is something there for everyone. Give it a go – go to Lockdown. Also don’t forget the weekly fitness sessions you can do in your own home or the virtual quiz.

**Buddy Draw** – National Hassra are running a Buddy Draw – recommend anyone to Hassra and you could win. Don’t forget Brooks Street, G4s and local authority staff who work in a co-located site can join Hassra. Also if anyone has retired or left DWP can still be a member or can join for our great benefits.

**Competitions** – as and when we can run competitions like ten pin bowling, golf, fishing and many more – these will now be advertised on Hassra Live. So set a calendar reminder to go in every week and enter.

**AGM** – our SW Annual General Meeting will be a virtual meeting on 17th March at 1pm. If you would like to join us please email HASSRA.SOUTHWEST@DWP.GOV.UK and we will send you the calendar invitations. Local Club Chairs and committees have already got the invitation.

We are looking for Board Members to represent the SW members. It’s a monthly hourly meeting virtually at the moment. Do you have lots of good ideas, want to be involved in how Hassra SW allocated membership money, then please email us for more details HASSRA.SOUTHWEST@DWP.GOV.UK

**Local Club AGMs** are also being organised at the moment – please support these and get involved in helping your local club run events and competitions.

Congratulations to our Christmas winner – Cathy Williams from Honiton was a lucky big winner with 25 other members winning £100 each.

**Coming up** ...

Easter competition will open on 1st February – 20th February for you chance to win a Devon Hamper, Luscombe drinks or Wells Fudge – delivered direct to your door.

SW Hassra County Show - more details to follow – keep watching …