



HASSRA
Yorkshire &
The Humber

HASSRA
Sheffield

Monthly Newsletter December 2020

Thank you all for taking time out to read our newsletter
We will be back with a fresh new look in the 2021!.

This edition contains the winners from our Christmas draw
Congratulations to you all!

Links to those wanting to join our great club and a few pages
of offers and benefits available

The Sheffield Committee would like to wish all of our members
(and readers) a Very Merry Christmas and a Happy (hopefully
better) New Year!



HASSRA Sheffield Christmas Prize Draw 2020

Christmas
Prize Draw

Thank you for entering the fun and free competition we held recently. The winners can be found listed below

Mark Foster

Jade Lucas

Alison Dourado

Tom Andrews

Ruth Calladine

Christine Deal

David Lythall

Lucy Mallison

Angela Headley

Ian Ward

Rachel Whitworth

Jonathan Duerden

Kirstie Lochhead

Louise Ghose

Sonia Smith

Congratulations to you all!!

HASSRA Sheffield would like to say Hi!

A huge helloooooooo.....to all the new members of staff joining us or who have joined in the past few months.



Now we have your attention!

Do you fancy joining a great club which not only has one of the best committees in the Region (we have an award to prove it) it also offers so many fabulous discounts locally and Nationally....including a third off cinema tickets and entry to Theme parks & Zoo's and there's more.....

HASSRA is about living life to the full.

Whether you're into sports, looking after yourself, getting out and about or just having fun, HASSRA offers something for everyone.

And with a great range of discounts, benefits, free prize draws and a Lottery with £55,000 of cash prizes every month, you won't find better value anywhere.

So do yourself some good and Join Us — over 60,000 members can't be wrong and at £2.24 per month direct from wages it's a bargain too!

Click the following link and have a look at the website for more details - [how to join](#)

[Welcome to HASSRA!](#)

HASSRA Sheffield is now on Facebook.....
come and be our Friend and be in with a chance
of winning some cash!!!!

Yes you read that right, Cash prize draw just for following HASSRA Sheffield on Facebook!



HASSRA Sheffield have followed in the footsteps of the popular HASSRA Y&H and created its very own Facebook account!

All of our new events, latest competitions, news and even the award winning newsletter will be posted on our new Facebook account...but don't worry we'll continue to email our members too (for the non facebookers)

If you are already a Facebook friend of ours, tell your fellow HASSRA friends about it as we'll be holding a competition to raise as many followers (members of course) as possible with prizes – yes that's right, once our Facebook page reaches 250 followers a draw will take place and a few lucky winners will each receive a £25 cash prize

Come and give us a wave.....search HASSRA Sheffield

St Pauls Mercure Hotel & Spa Sheffield Spa Day



TIME TO RELAX

Your time is precious, so take a pamper day to relax and refresh your mind and body. This offer is available to over 16s only and includes

Access to Spa and gym anytime from 10am to 8pm Sunday to Friday (£10 additional charge payable at the spa for bookings made on a Saturday)

Robe, slippers and towel

2 x 25 Min Treatment (choices are Skin Regimen/ Urban Longevity Facial, Decléor Essential Facial, Mercure Body Brush & Polish, Mercure Tranquillity Scalp, Mercure Aromatherapy Back Massage, Bronze Manicure or Pedicure, Decléor Foot Treatment, Decléor Hand Treatment)

1 x 10 minute foot ritual treatment

1 bottle of mineral water

Tea and Coffee

After purchasing the voucher, you will need to book directly with the Spa. The offer price is for Sunday to Friday, an additional £10 payable at Spa for bookings on Saturdays.

HASSRA members £35

Non-members £45

For more information and bookings please contact Rebecca Walters (Rebecca.walters1@dwp.gsi.gov.uk)

Please note the Spa is currently closed up until early December following the government guidelines. However, the Spa has agreed to extend the vouchers up to until 28th Feb 2021

The Happiness Club Annual Membership - HASSRA

The Happiness Club is an online support service for mental health and wellbeing.

They also offer Daily Strategies, Monthly Live Webinars and Live Evening Meditation sessions.

As a member you receive: Standard membership: **discounted rate of £10 per year** for HASSRA members

Direct daily support from our team. We've been there and we know how it feels.

Uplifting daily messages of support, with a mindset tool, technique or strategy to help you live a calmer, happier and more balanced life.

A monthly positive mental health webinar full of support, advice, tips and tools

Premium membership: **discounted rate of £25 per year** for HASSRA members

Everything in the standard membership plus: 24/7 access to confidential, one to one advice from our team of qualified counsellors and therapists, you can contact us by phone, email, messenger or WhatsApp

All delivered to you online and via The Happiness Club App [Click here](#) to go to their exclusive HASSRA offer page.

HASSRA Members Benefits: Tastecard & Kittow's Meats

Digital Delights with Tastecard+



Tastecard+ gives you offers on discounted hotels, entertainment, days out, retail and much more as well as discounts at a wide range of restaurants, from fine dining to favourite UK chains, independents and many more nationwide. There really is something for all occasions and budgets so to find out more information visit the Tastecard website at www.tastecard.co.uk This offer is also open to HASSRA members to purchase as a gift for family and friends. You can purchase a **DIGITAL** Tastecard at a special price of £10 for HASSRA members via this link: <https://www.hassrashop.org.uk/tastecard>

This product is used with the Tastecard app which can be downloaded on a smart phone or tablet using iOS or Android. **You will receive a DIGITAL Tastecard to your e-mail address within seven days.**



Kittow's Quality Meats is a long established family butchers business dating back to the 1890's, taking pride in their product quality and customer service. Through their website customers can buy meat online & send nationally. By going to www.kittowsqualitymeats.co.uk and using discount code HASSRA members will receive a 10% discount at the checkout. Visit their shop in Daniels Lane, Holmbush, St Austell and show your HASSRA membership card to get the same 10% discount.

HASSRA Members Benefits: Fish for Thought & Cornish Hamper



Fish for Thought®

Fish for Thought is a Cornwall based company offering online access to fresh seafood.

Whether you are a Michelin star chef, or simply looking for fantastic seafood at home.

You can't get fresher fish unless you catch it yourself!

HASSRA members receive 10% discount + free delivery when using the code HASSRAFFT10 via the online checkout at the Fish for Thought shop.

Check out the [Fish For Thought website](#) for full details.



The store offer a wide range of Cornish goodies, beautifully presented in a selection of packaging with complimentary gift cards and tasting notes.

Hampers start from £10.95 for a traditional Cornish Cream Tea and can be delivered next working day to most of the UK (2 days for Scottish Highlands and Islands).

When prompted at the checkout on ordering just enter the promotional code HASSRA to receive an extra 10% off their excellent offers.

Check out their website at: www.thecornishhamperstore.co.uk

For all these great deals and many more available to you as a HASSRA member head to the [Offers and Discounts](#) section of the Online Shop.

THE 1:1 DIET

by Cambridge Weight Plan

Members Board

The 1:1 Diet by Cambridge Weight Plan is a meal replacement diet replacing some or all of your meals with our own low calorie nutritionally balanced meals/products.

There are different steps to suit the busiest lifestyles and with over 40+ product choices we have products suitable for a range of dietary needs.

What's unique about 1:1 is you get **FREE** weekly weigh-ins, daily messages, top tips and advice from a trained consultant.

I also offer remote support and no contact delivery/collections with mobile visits/nationwide delivery on request which means I can support anyone regardless of where you live in England.

10% discount available to all HASSRA members (T&Cs apply). See contact details below

Silver level independent Consultant for the 1:1 Diet

"...for greater weight loss with one-to-one support..."

Karen before



Karen after

Karen lost 6 stone in 6 months – for the same results please get in touch

THE 1:1 DIET

by Cambridge Weight Plan

Karen Hartley

Consultant

The 1:1 Diet by Cambridge Weight Plan

07469 701460

Rodgekar@aol.com

One2One Diet with Karen T

@One2OneDietwithKarenT

www.one2onediet.com/KarH



Thank you for taking the time to look through the latest edition of the Sheffield Newsletter.

If you have any feedback or queries you can contact one of the following reps

Hello from your Sheffield HASSRA committee, we are:

Chair: Debra Allott MBE (HHS)

Deputy Chair: Kerry Brown (HHS)

Treasurer: Chris Scott (HHS)

Deputy Treasurer: Rebecca Walters (KC)

Secretary: Lyndsey South (HHS)

Deputy Secretary: Lee South (HHS)

Committee Members: Dave Mappin (KC), Bev Booth, Ritu Ghose and Fiona Duxbury (KC)