

livelife

The magazine for HASSRA members

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IN OUR
£10,000
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HASSRA
Living Life 

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Welcome to the Autumn edition of livelife

It's that time of year again. Tans are fading, kids are back at school and shops are putting up the tinsel even before November. So take a moment to savour some wonderful memories from this year's HASSRA Festivals. We've posted hundreds of high quality photos of members competing hard and having fun at our July and September events. See pages 4-7 for all the winners and a selection of photographs of the participants. Don't forget to download your favourites from our Flickr pages – using a personal device, of course!

If you're lucky enough to be contemplating a late holiday, check out our new Worldwide Travel Insurance for over-50's. It's a special fit-to-travel policy exclusive to HASSRA members, partners and children. No need to declare any pre-existing conditions, and up to 183 days overseas during any period of insurance. Find out more on page 14.

It's not just the Autumn colours that are changing. Following a short but hugely successful trial with our members in Yorkshire and The Humber, HASSRA Live, our new web-based membership system is now available for all our members. At its heart are individual online accounts that allow you to manage your membership 24-7. So whether you want to buy tickets, download your digital membership card, join the HASSRA Lottery, claim expenses or just ask a question about HASSRA or your membership, HASSRA Live puts you in control. Go to page 2 to find out more and how to be in with a chance of winning up to £1,000 in the HASSRA Live Big Prize Draw.

Read how our reigning Volunteer of the Year, Adele Hunneybell, became involved in HASSRA volunteering. Full details can be found on page 13. Maybe it will inspire you to get involved too.



Robbie Miller
Editor

And finally, we work hard to keep this magazine topical and engaging. We can only do that by listening to you. So please take part in our **Liveliflife survey**. And to show how much we value your views, we'll enter everyone who completes the survey into a **free-prize draw to win £250 of Love2Shop vouchers**.

HASSRA regional contacts:

East of England

hassra.eastofengland@dw.gov.uk

East Midlands

hassra.eastmidlands@dw.gov.uk

Fylde

hassra.fyldeinbox@dw.gov.uk

London

hassra.london@dw.gov.uk

North East

hassra-northeast@dw.gov.uk

North West

hassra.NW@dw.gov.uk

Scotland

hassra.scotland@dw.gov.uk

South East

hassra.southeast@dw.gov.uk

South West

hassra.southwest@dw.gov.uk

Wales

hassra.wales@dw.gov.uk

West Midlands

hassra.westmidlands@dw.gov.uk

Yorkshire and The Humber

hassra.yorkshireandhumberside@dw.gov.uk

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Editorial

Design by: MM Design Ltd. Telephone: 0114 250 9001. Website: www.mmdesign.co.uk

Editorial office: HASSRA Corporate Services, Level 5, Caxton House, Tothill Street, London, SW1H 9NA.

Telephone: 01691 403234. Email: hassra.liveliflife@dw.gov.uk



HASSRA FESTIVAL

July 2019 Winners

ART

Dominic Crabtree
South West

ARCHERY

Male:
Iain Watson
Fylde

Female:
Lorraine Burrows
Fylde

Team:
Fylde

BADMINTON

Ladies' Doubles:
Helen Bamber
& Nicola Bibby
North East

Men's Doubles:
Simon Bamber
& Andrew Renton
North East

Mixed Doubles:
Helen & Simon Bamber
North East

COARSE ANGLING

Individual:
Ian Boyd
East Midlands

Team:
South East

DRAMA

Best Production
West Midlands

Best Performance
Michael Willis
West Midlands

GK QUIZ

Team
East Midlands

FIVE A SIDE FOOTBALL

Team:
East Midlands

FLAT GREEN BOWLS

Ladies' Singles:
Julie Wallace
Scotland

Men's Singles:
Martin Gayle
Fylde

Pairs:
Paul Taylor
& Paul Whiteley
Fylde

GK QUIZ

Team:
East Midlands

INDOOR TRIATHLON

Men:
Dave McKale
Fylde

Ladies:
Sarah Candler
Wales

MIXED ROUNDERS

Team:
South West

PICTIONARY

Team:
**Yorkshire and
The Humber**

SQUASH

Ladies' Singles:
Sian Hughes
Wales

Men's Singles:
Paul Atkinson
Wales

TENNIS

Men's Doubles:
Ian Hartley
& Andy Minnis
North West

Ladies' Doubles:
Louise Brown
& Jane Rimmer
North West



HASSRA FESTIVAL

September 2019 Winners

CHESS

Samuel Walker
London

CROWN GREEN BOWLS

Singles:
Colin Parry
North West

Pairs:
Paul Holden &
Jackie Butterworth
North West

DARTS

Ladies' Singles:
Wendy Crayton
West Midlands

Men's Singles:
Colin Coutts
Scotland

Team:
Scotland

FLY FISHING

Individual:
George Ashton
North West

Team:
North East

GAMING

Individual:
Alistair Macintyre
Scotland

Team:
Scotland

GOLF

Ladies' Handicap:
Amanda Ballinger
South West

Ladies' Scratch:
Shirley Back
Scotland

Men's Handicap:
Barry Knapton
Fylde

Men's Scratch:
Graham Bell
Scotland

MIXED TOUCH RUGBY

Team:
Fylde

MUSIC

Overall Winner:
Helen Boyce
Wales

POOL

Men's Singles:
Kevin Issac
Wales

Ladies' Singles:
Tara Cragg
North East

POP QUIZ

Team:
North West

PHOTOGRAPHY

Overall Winner:
Adam Lee
North East

TEN PIN BOWLING

Ladies' Handicap:
Maggie Gaughan
South West

Ladies' Scratch:
Jackie Arnold
North West

Men's Handicap:
Jeff Griffin
South West

Men's Scratch:
Norman Hamed
Yorkshire & The Humber

Pairs:
Jackie Arnold
& Salim Ismail
North West

Team:
South West

TABLE TENNIS

Ladies' Singles:
Joan Donovan
London

Men's Singles:
Ian Denton
Yorkshire & The Humber

Ladies' Doubles:
Joan Donovan &
Lesley Whitehead
London

Men's Doubles:
Ian Teale & Ian Denton
Yorkshire & The Humber

Mixed Doubles:
Aidan Williamson
& Alison McKim
North East

NETBALL

Team:
Wales

SNOOKER

Singles:
James Popplewell
South West



HASSRA Development Fund. What's in a name?

The HASSRA Development Fund (formerly known as the Development Scheme) has been in operation for over 30 years, providing financial support to HASSRA members who want to develop their skills where this would involve an expense they would find difficult to meet.

As well as a change of name, there are some other important amendments to the Fund. The application process is now much clearer and straightforward. In addition, we've relaxed the eligibility criteria making the Fund much more accessible to our members.

Ann Zammit, HASSRA Yorkshire and The Humber, recently applied for help towards her participation in the Basketball Masters World Championships in Finland this year. She tells us,

"The inaugural GB over 50's women's team came 4th at the Championships. If you had offered me that before going I would have had your hand off, but losing the bronze medal by one point in the last 40 seconds of the game was a tad disappointing for everyone. However, we are now fully aware of the level required to compete and hopefully medal in the future. Germany and Finland were



Ann Zammit (no.10 second left, front row)

particularly good in our category and in the younger age group the Russians were fantastic.

"I featured in all six of our matches. I think I played well and proved I can still contribute to the team, even though at 62 I'm the oldest player!

"It was also awe-inspiring to watch the Men's over 80's Final – They still move really well, if a little slower than in the past.

"I had thought about retiring from basketball after this but now I'm looking forward to playing longer to keep competing, which of course will mean training with the U-18's in Sheffield, plus the treadmill and weights. Hopefully I will qualify for

the over 60's team at the European Masters basketball tournament in Malaga next year. Onwards and upwards, it just shows you're never too old to keep participating in sport and playing to a high level.

"Thanks to HASSRA and the Development Fund for helping me to be part of such a great experience."

Find out how HASSRA can help you progress and reach your goals by visiting the HASSRA Development Fund section of our website.

WIN with the HASSRA Lottery!

With a total of £55,000 in cash prizes every month, the HASSRA Lottery could change your life.

65 fantastic prizes every month; including a top prize of £12,500, 4 prizes of £2,500, 15 prizes of £1,000, 25 prizes of £500 and 20 prizes of £250, giving you plenty of chances to win each month.

You can opt for up to a maximum of 20 tickets @ £1.00 each per month. Payment is made directly from pay or pension or by annual payments in advance for members who cannot pay by deductions from their pay or pension. Once you join there's nothing more to do because we'll automatically enter your tickets every month. We'll even let you know when you win.

Earlier this year, Jo Waters (HASSRA West Midlands) was dumbfounded when she scooped the £12,500 jackpot. She tells us,

"I've been in the HASSRA Lottery for as long as I can remember but had never previously won a penny. On the day in question, I arrived late for work in a terrible mood after a pretty awful start to the day.



It went from bad to worse (or so I thought) when Rob Miller who works for HASSRA, based in my local office, broke the news that I had won £12,500. I assumed he was winding me up as usual. However, when I realised he was serious I began to jump for joy, quite literally. The words that initially came out of my mouth can't be published but needless to say I was over the moon.

In the week leading up to the win, my neighbour had put up a piece of land for sale which I had been renting for several years for Annie, my horse. My husband and I were unsure whether to buy it due to the cost but the HASSRA Lottery win came just at the right time and made it an easy decision. You never know when your luck is in and I can't begin to tell you how much winning the big one has made a difference. For both me and Annie!



Visit the **HASSRA Lottery** page for full details.

Carer's Passport is a godsend



"The Charity for Civil Servants offers practical, financial and emotional support to serving and former civil servants. It's easier when you and your family have got a whole community behind you. And that's why – and how – we exist."

One particularly inspiring person who wants to share their story, is Janet."

Having a child with autism can be immensely challenging. One mother who wants to reach out to other parents who are struggling to cope is Janet.

Janet's teenage son, Robert, showed signs of being on the autistic spectrum at a young age. For many years he has refused help from anyone except his mum. He will only eat food if it's prepared by Janet, refuses to shower and is now completely housebound.

After months of trying to juggle her job and caring for Robert, Janet decided to apply for a Carer's Passport from The Charity for Civil Servants. This is a document we can provide carers and their line managers which highlights how the individual's responsibilities impact their work. It also includes any agreed flexible working hours. Once Janet received her personally tailored Passport, she no longer had to explain his situation in intricate detail within every new professional relationship.

"Without the Charity, I wouldn't have kept my job. It's helped both me and my line manager and it's been an absolute godsend. I do like getting into the office to be honest, but I now have the flexibility to look after my son."

Although Robert is still facing immense challenges, he has the full support of his mum who has the full support of the Charity. Janet wants to help other families who are struggling to cope with similar issues. When we recently got back in touch, she told us how she doesn't want other parents to feel as alone as she did.

"It's quite easy to think that you are a failure as a parent, when everyone around you appears to be getting it right. There's no right way or wrong way in doing things, you've just got to go with your instincts. It's important to stay strong and to look after yourself."

We'd like to keep you up-to-date with the many ways we can help and support you, SIGN UP TO KEEP IN TOUCH.

"Without the Charity, I wouldn't have kept my job. It's helped both me and my line manager and it's been an absolute godsend."



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A Christmas Cracker!

Activate your HASSRA Live account to get the most from your membership and be part of the upcoming HASSRA Christmas Cracker 2019.

With a top prize of £3k and a total prize fund of £25k, Christmas could come early for those good girls and boys who have activated their HASSRA Live account by the end of November.

This year's Christmas Cracker will once again include lots of cash prizes plus plenty of fantastic electronic gadgets to give HASSRA members some extra festive cheer.

However, ONLY members who have activated their HASSRA Live account and subscribed to the HASSRA Live newsletters will be entered into the draw. There are no tricky questions to answer.

We will just draw 100 names from all of our eligible members and you can just sit back and wait for us to contact you.

So don't hesitate. Activate your HASSRA Live account then subscribe to the newsletters on your MY PROFILE page now. It's the ONLY way to have a chance of grabbing one of these fantastic prizes.

What's more – do this by 18 November to also be part of the HASSRA Live £10,000 prize draw – see page 2 for full details.



£25,000
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WILDFOWL AND WETLANDS TRUST FLASH SALE

Rediscover nature at a fraction of the cost!

Wildfowl and Wetlands Trust e-Codes are just £1 each!

Wetland Centres offer a fantastic day out for all the family. With so much to see and do, it's well worth a visit. You may even need a return trip to experience everything on offer and with entry for just £1 each, it won't break the bank.

Click on the following link for **Upcoming Events** to see what's happening at a Wetland Centre near you during the remainder of 2019.

We have a limited number of e-Codes which must be used by **31 December**.

To book yours, just search for 'WWT' on the **HASSRA Shop**.



TAKE A STEP FORWARD FOR HASSRA



ADELE HUNNEYBELL
HASSRA Volunteer of the Year

HASSRA membership doesn't have to just be about the benefits, discounts, savings and activities that you can take advantage of. Being a HASSRA member means you've also got the opportunity to be a volunteer in many different areas of the Association. We spoke to HASSRA Y&H's Adele Hunneybell – HASSRA Volunteer of the Year (and reigning HASSRA Pictionary Champion) to find out what she does, and why.

How long have you been a HASSRA member?

Since I joined the Department in August 1999. I really joined for the monthly lottery but when our office resurrected the local club, I became more involved.

How long have you been a HASSRA volunteer?

Since 2012. Our club has gone from strength to strength over the years, winning Regional Best Small Club for 2016, 17 & 18 and Highly Commended in the National Awards in 2017. I really couldn't have achieved my Volunteer of the Year Award without the support and backing of my committee, who actively encouraged each and every crazy event or idea I put forward!

What led you to becoming a HASSRA volunteer?

I am a very social, creative and active person with a practical hands-on approach to volunteering. I joined the committee, initially to help bring HASSRA back to the staff in the office after a hiatus, and working alongside committee members have delivered numerous events and activities. Since our early days of finding our feet we have now become a well-oiled machine and I just really love what I do.

In which part of the organisation do you volunteer?

I currently volunteer at a local level, however since my win would like to pursue different roles within the Association.

What sort of things do you do for HASSRA?

The list is extensive and I could go on forever, but it includes the setting up of our Social Intranet page, membership recruitment drives, plus a variety of themed events, quizzes and competitions. I've also 'rebooted' the Ramblers' Club and held our first Mindfulness Gardening and Meditation sessions. I have also organised many fundraising events for local charities.

What skills have you gained/developed from being a volunteer?

Financial planning and budgets, negotiation and marketing. I use my existing skills in the delivery of and participation in events, clear communications, time management and leadership well as enhancing my creative streak! My HASSRA club work has helped develop my Wellbeing Champion role in the office and beyond, giving me competencies to take forward for further personal development.

Why would you recommend volunteering with HASSRA?

If you would like to add another string to your bow, then HASSRA volunteering is a perfect platform to do this. It gives you a sense of worth and plenty of fun is had at the same time. The skills you develop and connections you forge are invaluable and I can't tell you how much I love my HASSRA role.

What is the best thing about being a HASSRA volunteer?

I think the best thing for me is the pleasure it brings to others. It sounds clichéd but I love bringing a smile to people's faces. In North Kirklees staff are engaged, there is a buzz around events and people feel that we have become closer knit than we were before. We have a lot of healthy competition in and outside of work, with more and more staff participating in HASSRA sporting events and activities and taking advantage of benefits.



HASSRA Summer Promotion 2019

This year's Summer Promotion proved to be another huge success, with thousands of our members taking advantage of the huge discounts offered on the normal gate prices at some of the nation's favourite attractions and theme parks.

Members saved over **£160,000** during this time. The most popular offer was Flamingoland with almost **2,200 tickets sold**, closely followed by Blackpool Pleasure Beach (1,600) and Blair Drummond (1,500).

Whilst the promotion has now finished, there are still heavily discounted tickets available for many attractions from now until the end of the 2019 season.



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