

livelife

The magazine for HASSRA members



HASSRA
£50K
CHRISTMAS
CRACKER
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CANCER
RESEARCH

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HASSRA
Living Life

HASSRA's £50K Christmas Cracker

The £50k Christmas Cracker includes twice as many chances to win as last year, with fantastic cash prizes and awesome electronic gadgets to give HASSRA members some extra festive cheer this year.

With 200 prizes, a top prize of £5k and a total prize fund of £50k, Christmas might come early for good boys and girls who sign in to HASSRA Live and answer one simple question.

What type of Christmas did Bing Crosby sing about in the movie Holiday Inn?

- A: Red**
- B: White**
- C: Blue**

Make sure you're signed into your HASSRA Live account, the visit the **Christmas Cracker page**, answer the question and click **Enter online** by Wednesday 2nd December. 200 winners will be drawn at random from all the correct entries.

So don't hesitate, enter now! It's the only way to win one of these fantastic prizes. Then just sit back and wait for us to contact you in time for a cracking Christmas.

Prizes from the following brands can be won



Welcome to the Autumn edition of Livelife

It's the final livelife of 2020 and what a year it's been! With Christmas just around the corner, it's bound to be an unusual one this year but whatever way you spend yours, HASSRA will be here to help you through. HASSRA's £50k Christmas Cracker is giving members the chance to win one of 200 fantastic prizes, including cash and electronics and a top prize of £5,000. See page 2 for details of how to enter.

At the time of writing, another national lockdown is a matter of days away. With this ongoing uncertainty, our friends at The Charity for Civil Servants will be holding a live presentation just for HASSRA members to talk about financial wellbeing and how the Charity can help you. Find out more and sign up on page 4.

With many of our usual activities postponed, HASSRA has provided an alternative Lockdown programme with a variety of competitions, challenges, activities and offers. Check out pages 5 to 9 to see how thousands of members have been getting involved and making the most of HASSRA during 2020.

As we look ahead to 2021 and think of getting away, Haven offers the perfect opportunity to book a moneysaving staycation with peace of mind, using their 'Book with Confidence' guarantee. See page 11.

Read how Wendy Longman got involved in HASSRA and became Volunteer of the Year. See page 13. Maybe it will inspire you to get involved too.

With a top prize of £12,500, the HASSRA Lottery gives you the chance to win big prizes throughout the year. See page 11 for one lucky member's plans to spend his jackpot win.

Looking after our mental health has never been more important. The Happiness Club is there to help us do just that. Find out how you can join at a fraction of the usual cost on page 14.

Finally, we want to make HASSRA the best it can be. So please take part in the HASSRA Membership Survey and make your opinions count. Every member who completes the survey will be entered into a free prize draw to win one of twenty Love2Shop vouchers worth £50. See page 15 for details.



Wishing you and your loved ones a happy Christmas with the hope that 2021 brings with it better times.

Robbie Miller
Editor

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MONEY WORRIES?

We're here for you



Financial Wellbeing – Let's talk about Money and how The Charity for Civil Servants can help you!

WHEN? Live presentation – Wednesday 18 November at 12:00

DURATION? 30mins with Q&A session after the presentation

WHERE? Join us on and listen via your personal device using Microsoft Teams

Why should you join on us?

At this current time, financial worries can be intertwined with fears around the pandemic. Plus, life throws up many challenges, and frequently they go hand in hand with money worries.

The Charity can help with all sorts of financial issues, whether your household income has suddenly reduced due to job loss, a reduction in income, ill health or whether you're unable to pay for essential items that need replacing.

The Charity can't promise to pay for everything you need, but they'll work with you to understand what they can help with, and look at your individual needs in confidence and without judgement.

This was Katherine's experience when she approached the Charity for help:

"I have no words to describe the impact the Charity has had on my life. My debt is now under control and I feel like a different person. It's a long road to be completely debt free but it's a bright road and I'm not struggling to walk it anymore."

The pandemic, lockdown, jobs under pressure or partners losing a job are also having a massive impact on relationships, caring responsibilities, our mental wellbeing, sleep and physically. The Charity can support you in a variety of ways, and HASSRA are inviting you to join a presentation just for our members and their families.

Copy and paste this link to your calendar "Financial Wellbeing – Let's talk about Money" and joins us on 18 November at 12:00 noon.



Or scan the QR Code on the day to join us:

If you need help immediately call the Charity today or apply online:

Get Help Today 0800 056 2424

For more information about the Charity visit their website.



HASSRA Lockdown

Staying Safe, Active & Well

What a year it's been so far! Most of the usual HASSRA activities were curtailed by Covid 19 restrictions but, in addition to the sterling efforts of regional and club volunteers around the country, we have been running our Lockdown programme to keep members engaged and involved throughout.

HASSRA Lockdown is about getting involved, inspiring others and being rewarded. Participation has been really encouraging. The revised programme has so far attracted over 100,000 member engagements across the whole country.

Hundreds of members regularly get involved with the Puzzles and Smart Quizzes to test their grey matter and win prizes.

Others have taken part in the Art, Photography and Writing competitions, exploring their creative side with some fantastic entries and worthy winners.

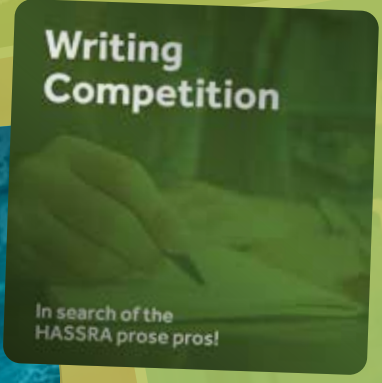
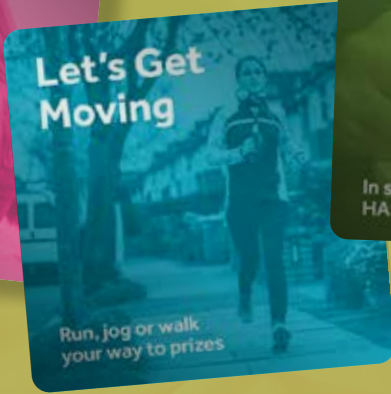
Members have also been keeping fit, active and engaged with the Cycling Challenge, Let's Get Moving and Yoga & Meditation.

Offices around the country have benefited from thousands of pounds in extra grants allowing colleagues to receive some extra treats during these difficult times.

About You, Rainbow, Summer Staycation and Back to School gave members the chance to share their Lockdown stories with colleagues near and far.

Plus, all the fantastic competitions and prize draws, including the £85k HASSRA's 85th Anniversary and the £50k Christmas Cracker.

Read on to find out how lots of our members have made the most of Lockdown with HASSRA. If you're not one of them, make sure you become one of them!



CYCLING CHALLENGE

A total of 145 HASSRA members joined the Cycling Challenge in July and August, and on average each week together cycled around 6,000 kilometres, equivalent to riding to Moscow and back. These rides also included climbs of a staggering 55 kilometres, equivalent to riding up Mount Everest six-and-a-half times.

And on an individual basis, hats off to Mark Johnson who on Sunday 9th August cycled 177.20 kilometres, with a total climb of 3,271 metres (very nearly Ben Nevis and Snowdon together!). And Andy Millett who on Saturday 29th August cycled 215.84 kilometres, with a total climb of 246 metres.

You can see the full results on the Cycling Sportive pages. But it's not just about our top riders: everyone who has taken part, whatever the level of their personal challenge, has contributed and made a difference. Your stories and pictures have been fun and informative, and your messages of support and "Kudos" have been inspiring.

One rider whose ongoing effort and commitment stood out was Osian Wyn Hughes from HASSRA West Midlands. He told us:

Back in September 2019, I completed a 300-mile cycle challenge and raised over £850* for Cancer Research.

I was overwhelmed by last year's sponsorship and decided this year's challenge would need to be something much bigger. I still wanted to raise money for Cancer Research as my chosen charity, after losing two uncles to this dreaded disease.

The HASSRA Cycling Challenge inspired me to create my own 'One Thousand' Cycle Challenge – ride 1000 miles and raise £1000 over July and August. My challenge included landmarks, including lakes, churches, castles and some pretty challenging hills. I started by making the most of a week's leave, completing two big personal challenges: Lakes Vyrnwy and Bala - both involving long distances and steep, lengthy climbs. I am so lucky to live in an area of such outstanding beauty, making the rides as awe-inspiring as they were arduous. I sent in a number of updates and pictures throughout the summer which were published on HASSRA Live. I tried to spend as much time as possible in the saddle, including cycling to work rather than driving, and it really paid off. I made it on both counts, reaching 1053 miles and raising over £1350. Cancer Research sent me a lovely cycling jersey to say thanks and I even won a prize in the HASSRA Cycling Sportive!

I was always planning to undertake some feat or other but it was the HASSRA Cycling Challenge that really made me focus and up the ante on last year. The big question now is how can I top this next year?!

Check out the **HASSRA Cycling Challenge** pages on the website for more details.

Halfords Bike Hut Voucher Winners.

As part of the HASSRA Cycling Challenge, we held a prize draw in which members could win one of twenty £300 vouchers to spend in Bike Hut.

One of our winners was Helen Shelton (HASSRA Wales) who said,

"My daughter, Maisie, and I started cycling when Lockdown started in March and have now managed to kit ourselves out with quality bike helmets and accessories after winning one of the Halfords vouchers. Thanks, HASSRA!"



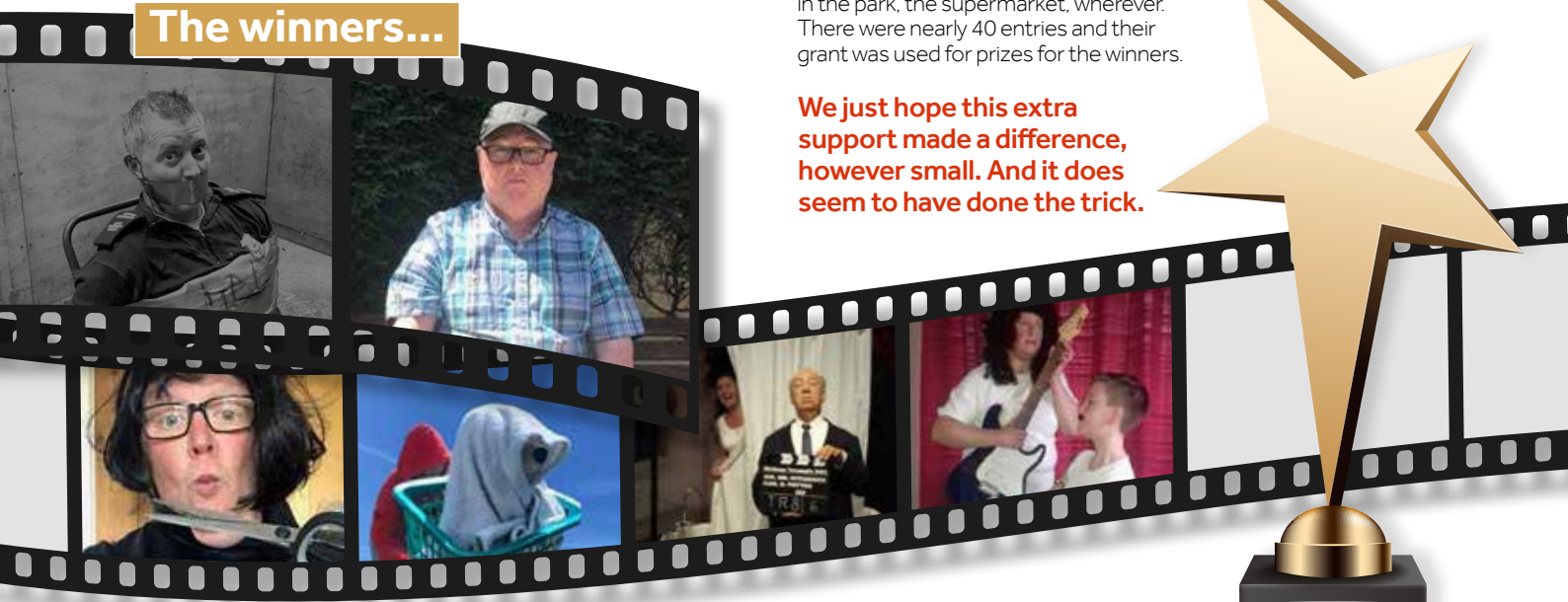
You can see all the winners at **Halfords Bike Hut Voucher Winners.**



Extra Support for Clubs

Lockdown has been challenging for everyone and especially for staff in frontline departments like DWP and DHSC. National HASSRA wanted to recognise the efforts being made by all staff, whether in an office or at home, so we invited all HASSRA clubs to apply for a sum of money that could be used to boost staff morale. Nearly 600 grants were issued over the summer months to the tune of over £130k which has been spent in so many different ways.

The winners...



Sheerness spruced up their staff entrance with floral displays. Dover held a colourful celebration of Pride, plus many offices around the country held raffles and competitions or handed out goody bags and pamper packs to staff in the office and at home.

However, one of the most inventive ideas came from Rochdale. Their Greatest Movie Challenge invited staff to recreate a scene from a movie and take a picture of it. There were two categories – Funniest and Most Realistic.

It could be done at home, in the office, in the park, the supermarket, wherever. There were nearly 40 entries and their grant was used for prizes for the winners.

We just hope this extra support made a difference, however small. And it does seem to have done the trick.



Check out the website for more **Lockdown Grant** stories.

HASSRA Puzzles

One element of the Lockdown programme that has been ever-present since the start is the weekly HASSRA Puzzles. A new brainteaser is launched every Monday morning giving members the opportunity to test the grey matter and win one of 50 Love2Shop vouchers worth £20.

With a variety of themes from emojis, picture and logo puzzles to wordsearches. These puzzles attract hundreds, sometimes thousands, of entries every week. Each puzzle runs for a fortnight, allowing plenty of time to work out and submit your answers.

Abby from HASSRA West Midlands told us,

"I've twice won a voucher on the HASSRA Puzzles, although I was absolutely gutted about not winning the London Underground one as I spent days on that! Honestly, it keeps me going. I am absolutely addicted to them. The first thing I do Monday morning is see if there's another one on the website."

Why not see if you can work the answers out. Check out [HASSRA Puzzles](#) now!



PHOTOGRAPHY COMPETITION

The HASSRA National Photography Competition usually takes place during September Festival, bringing together over 20 HASSRA regional photographers from around the country.

However, this year every HASSRA member was invited to electronically submit their images in three categories – People & Animals, Landscapes and A Moment in Time. The response was fantastic with over 600 entries. The high standard made judging both enjoyable and difficult.

And the winners are...

PEOPLE & ANIMALS



This remarkable rhino was received from Gary Dixon, HASSRA North East, was not only a category winner but was also awarded the prize for Best Overall Image. Congratulations on a well-deserved win. Gary was also runner-up in Landscapes.

A MOMENT IN TIME



Liam Willis, HASSRA South East, captured this powerful coastal scene which was judged to be a worthy winner of this diverse and interesting category.

LANDSCAPES



Dan Harris, HASSRA North West and former HASSRA National Photography Winner, narrowly missed out on the overall title again but topped the category with his atmospheric lighthouse image.

Category winners each received £100, runner up prizes were £50 and highly commended members each received £30.

Gary Dixon received an additional £50 as overall winner. Congratulations to everyone!

If you've not yet had the chance to view all the images, including winners, runners-up and highly commended entries, check out our **Photography Competition pages** now.

WRITING COMPETITION

This was the first HASSRA Writing Competition in many years and members were invited to enter their literary efforts in three categories – Short Story, Non-Fiction and Poetry. It was fantastic to see the quality and variety across all groups; funny, sad, tense, quirky, exciting. It just proved once again that HASSRA is positively brimming with creativity.

Huge congratulations go to the overall winner, Susie Cooke from HASSRA South East (pictured), with *In Awe of Antarctica*.

Congratulations also go to our category winners, runners up and highly commended entries.

All the prize-winning entries for each category are available on the following pages.

Short Story
Non-Fiction
Poetry



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TRAINING IS KEY TO SUCCESS

The HASSRA Development Fund (HDF) is here to help you achieve your best in your chosen activity and has funds to help you overcome financial barriers to accessing your activity and making progress.

The fund is available to assist HASSRA members with a wide range of activities in the following categories:

Sports & Leisure – developing skills in your chosen activity where you can show you have an existing interest and potential to go on and do more. Examples in this category include sports (including coaching and refereeing), arts and crafts.

Volunteering & Community – developing your potential to serve HASSRA or your local community where you can show you have an existing interest and potential to go on and do more. Examples in this category include life skills coaching, youth worker, scout or guide leader, and so on.

With additional funding provided by the CSiS Charity Fund, members who consider themselves to be disadvantaged or to have a disability may apply under the above categories for help either to take up a new activity or to realise their potential in an existing activity.

Nearly 1500 members have applied for funding so far with applicants achieving success at all levels, demonstrating HASSRA's commitment to both able-bodied and disabled members throughout the Association.

Jenny (HASSRA North East) tells us,

"I have been a HASSRA member for many years and was vaguely aware of the HASSRA Development Fund but didn't think for a minute that it would be available to me.

I have always enjoyed exercising and taking care of my health. I've been fortunate enough to train with a personal trainer for the last five years. Earlier this year he asked me if I would be interested in becoming a personal trainer myself, to work alongside him in his fitness centre. I practically laughed out loud at the thought, but then, after thinking more about his proposal, I decided to take the plunge.

I researched all the potential costs and then decided to read through the HDF guidance on HASSRA Live. It states that anyone who is a HASSRA member and wants to develop skills in their chosen activity, and show where they have an existing interest and potential to go on and do more, can apply.

I wanted some help towards the cost of my online training course, so completed my application and submitted it. The form was straightforward and easy to complete. I received an email two weeks later advising that my application was successful and that the money would be transferred into my bank. It really was just as easy as that.

Six months on and I have completed, submitted and passed my Fitness Trainer online course with the help of the Development Fund. I am now taking a monthly Body Transformation Programme with a small group of women. Helping women similar to me is something I never dreamt I would do. Being able to train and inspire them to get back in shape and regain their confidence after having a family is something I love doing."

Check out HASSRA Development Fund on our website to see how HASSRA can help you reach your full potential.





In it to win it



of winning with up to 20 tickets @ £1.00 each per month.

Once you join, we'll automatically enter your tickets every month and notify you as soon as you win. It's as simple as that. For more information and details of how to apply, visit the HASSRA Lottery page.

Chris McCarthy (HASSRA Wales) scooped the £12,500 jackpot earlier this year. He tells us,

"I won the top prize in the HASSRA Lottery in June. The email to notify me was sent to my work address but I was on annual leave as it was my birthday. However, it was an amazing present to come back to. When I read the email, it took a while to sink in. I kept checking the amount and asked a colleague to double check for me. I telephoned my family and they were over the moon and pleased for me.

I plan to spend the money having a nice Christmas to make up for the events of this year. My mother-in-law turns 80 in January and I'm treating her to a holiday in Tenerife (lockdown restrictions depending). The rest of the money I plan to save and travel around the USA for my 40th in 2022. I got married in America and my husband and I plan to see as much of the country as possible.

" I've been a member of the HASSRA Lottery for 3 years. This was the first time I have won anything but it's definitely worth the small monthly cost compared to what you could win."

Remember, you could be the next big winner. Check out HASSRA Lottery for full details.

In addition to our competitions and prize giveaways, members can increase their chances of winning big prizes by joining the HASSRA Lottery!

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

There are lots of fantastic prizes, including a top prize of £12,500, and you can increase your chances

holiday smiles for miles

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HASSRA's 85th Anniversary is one that Carol will remember

This year saw HASSRA's 85th Anniversary. To mark the occasion we ran HASSRA's biggest ever competition with over 180 cash prizes worth £85,000. Nearly 10,000 members entered and the overwhelming majority correctly told us that Diamond and Sapphire denotes an 85th Anniversary.

80 members won £850. 100 also won £85. However, Carol Turner (HASSRA West Midlands), was the lucky winner of the top prize of £8,500. She tells us,

When I received the call from HASSRA, I was half-expecting a win on the HASSRA Lottery. However, I was informed that it was the big prize in the 85th Anniversary competition I'd won and I was asked to log into my HASSRA Live account to check out my Victory. I was so delighted that I had actually won something on a competition.

I was actually at home on the last day of my leave, preparing to return to work after also finding out that I had been successful in getting through a recent promotion exercise. I was already looking forward

sharing my promotion news with colleagues, so when HASSRA's call came I don't think it sunk in. It wasn't until I was talking about your call later in the day that my son said to me that it was 1st prize that I had won.

We have discussed what to do with my (ours, really) winnings. As we moved house a couple of years ago, we will probably put some of it towards getting the garden done and then have a nice holiday when Covid allows!!

I have been a HASSRA member since I returned to work after my son started nursery and he is now 34!

Up until my recent 'big' win I have only won a nominal sum in one of our local competitions, so this was amazing.

I still wait in hope that one day I will also receive a call to say that I have won on the HASSRA Lottery... fingers crossed!

You can view all the lucky winners at HASSRA's 85th Results.

Remember, you can only enter HASSRA competitions, including this year's 50k Christmas Cracker, if you have activated your HASSRA Live account.

It's easy to do, so if you haven't done it already, go to www.hassra.org.uk/sign-in now!

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 also provides the opportunity to volunteer in many different ways throughout the Association. Wendy Longman, Newport - HASSRA Wales is Volunteer of the Year. Here she tells what she does, and why.

I've been a member of HASSRA for a number of years and previously a club sponsor. When the Newport club lost many of its volunteers, activities and events stopped. I decided to take on a more active role and with the four remaining volunteers (Jacque, Rob, Helen & Gareth) we set a plan for reviving the club. I was very inexperienced, had never been part of a club or committee before so I sought help from Mandy Howells (Chair, HASSRA Wales) and Di Grossey (Vice-Chair, HASSRA South West). I had a lot to learn and was very grateful of their guidance.

First thing we did was relaunch the club on our sites by promoting membership and rewards. We got everyone talking again about the benefits of being a HASSRA member. We tentatively arranged our AGM knowing that it was make or break for the club if we couldn't form a committee. We were overwhelmed by the response, formed a full committee and gained around 12 new volunteer reps! I became Club Secretary.

With more volunteers involved and contributing, we were able to once again run events. We arranged and supported fundraisers, promoted HASSRA Live, used comms to talk about offers and discounts, took part in a plastic clean-up operation, and arranged trips. We had a massive success with our Festive HASSRA Raffle which helped raise moral across the sites and united colleagues in our three areas of work.

In March 2020 I was thrilled to find out about my nomination for the award. Very disappointed when the AGM and award ceremony in Cardiff was cancelled due to the pandemic then to be honest it went out of my mind what with everything else going on! I was so pleased to find out months later that I'd won the Regional Volunteer Award.

My manager, Adele, arranged a Skype call for all our staff and it was on that call that Mandy joined us to break the news that I'd won the National Volunteer award. I was so shocked, everyone on the call was sending me messages of congratulations and clapping. It was very emotional, lots of tears from me. I had a lovely bouquet of flowers and later received my gorgeous award plaque through the post which now has pride of place on my desk.

Taking a leading role in the club has given me lots of experience and I've gained many new skills. The greatest reward has been seeing the club survive and now thrive because it means so much to so many on our sites. I couldn't have done it alone. I'd like to thank our Newport Club Committee (new and old), our volunteer reps, the people on the Wales HASSRA team who supported me and finally the very hardworking HASSRA members of the Newport club.

Wendy Longman



Speak to your local HASSRA club to find out how you can get more involved and make a difference.

HASSRA Summer Promotion 2020

This year's Summer Promotion was limited due to Covid but it 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 most popular attractions and theme parks.

Members saved over £70k during this time. The most popular offer was Wildfowl and Wetlands Trust with over 2,000 tickets sold, closely followed by Paultons Family Theme Park (1,220 tickets) and Yorkshire Wildlife Park (945 tickets).

The promotion has now finished but there are still heavily discounted tickets available for many attractions around the country. Check out the HASSRA Shop for full details. Make sure you check availability, consider any relevant lockdown restrictions and follow government guidelines at all times.



Looking after your mental health has never been so important.

We are living in unusual times.

People all over the country are feeling overwhelmed, stressed, lonely, depressed and anxious.

Which is why The Happiness Club is here.

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

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

For full details visit the **OFFERS PAGE** on HASSRA Live.

HASSRA Member Survey 2020

HASSRA aims to provide something for all of our members. In order to do this, we want to understand the diverse needs of our members and sculpt an Association that caters for everybody's requirements. This survey is your chance to tell us who you are and what you think. You can influence the way in which your Association moves forward.

Your Views Matter

Since the last survey we have:

- launched HASSRA Live allowing you to easily manage your own membership
- introduced newsletters which are tailored to your preferences
- introduced more offers for you and your families, such as massively-reduced entry to Royal Museums Greenwich and discounted membership of Cadw
- rolled out e-Codes on many of our products for lightning-quick convenience

As An Incentive

We need to keep listening, learning and adapting so that your membership experience remains as rewarding as it can be. So we're offering some fantastic prizes to encourage everyone* to get involved.

When you complete the survey, you will be entered into a random prize draw to win one of twenty £50 Love2Shop high street vouchers.

All you have to do is complete the by 31st January 2021, and provide your contact details (solely for the purpose of running the prize draw).

To access the survey, please follow the link to **HASSRA Survey 2020**.

Thanks for taking part and best of luck!

***To be included in the draw you must be an existing HASSRA member or have completed an application to join HASSRA by the time this survey closes.**





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*Terms and conditions apply, visit www.csis.co.uk/hassra
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If your policy is due within 30 days, call our UK sales team today on: **01622 766960** quoting 'hassra'
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Lines open Mon-Fri, 9.00am-5.00pm,
 Sat, 9.00am-1.00pm



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