

livelife

The magazine for HASSRA members



**WIN
ONE OF 30**
Prizes in the HASSRA
DECATHLON
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HASSRA
Living Life 

HASSRA's Olympic Decathlon



The Olympics are finally underway and to inspire our members to take up the baton and get fitter and healthier, we are offering you the chance to win one of 30 fantastic pieces of fitness equipment from Decathlon.co.uk worth a total of **£5,000**.

There are exercise bikes, cross trainers, rowing machines, plus many other great prizes.

All you have to do is complete HASSRA's own Decathlon quiz to be in with a chance of winning.

TO ENTER

Just visit **HASSRA Olympic Decathlon Competition** and answer the ten multiple-choice questions. One question for each of the ten events of the Decathlon.

All correct entries received by the closing date of **30th August 2021** will go into the draw and the first 30 selected at random will win the prizes.

So have a go and good luck!

You must be signed in to your HASSRA Live account to take part.

Jill the runner.

She loves cats, has three grandchildren and holidays in Devon. She has also just saved **£25** on her car and home insurance with us.

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Car and Home insurance



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Civil Service Insurance Society

Welcome to the summer edition of HASSRA livelife

It's hard to believe we are already closer to next Christmas than last. As I write, the government's roadmap out of lockdown is almost at the finishing line, although living just over the Welsh border often leaves me in a state of utter confusion. The HASSRA September Festival is just around the corner but be aware that things can change. Make sure you are **subscribed to our newsletter** to keep up with all the latest news.

With the Summer Promotion in full swing, things are definitely getting back on track for HASSRA members. If you've not done so already, make sure you check out page 5 to save at least 60% off many popular attractions around the country.

Football didn't quite come home for Southgate and the England team. However, one HASSRA member did reach the final of EURO2020 with the help of the Development Fund – see page 12 for details. And staying on the sporting theme, Team GB currently have 32 medals at time of writing and we want you to take part in HASSRA's own

Olympic Decathlon for the chance to win some fantastic fitness equipment from Decathlon.co.uk. See page 2 for details.

The HASSRA Lottery also gives members a realistic chance of winning big prizes. And unlike other lotteries, more than 100 cash prizes are guaranteed every month in the HASSRA Lottery. See on page 7 how one member took a chance and won big!

The pandemic presented HASSRA with an ideal opportunity to review how we deliver some of our offers. Last year's online Art and Photography competitions were so popular and of such high quality that we are running them in the same way again this year. Full details of how to get involved are on page 10.

HASSRA has something for everyone and more members means bigger and better offers for us all. So get involved and get as many others on board as possible. You might even win one of 200 prizes worth £50. Check out the HASSRA Buddy Draw on page 4.



In the meantime, please continue to keep you and your loved ones safe.

Robbie Miller
Editor

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Cycling Challenge UPDATE

Following the success of last year's Cycling Challenge, and our new HASSRA Cycling Club, we have been encouraging you to get back in the saddle, get active and win some great prizes at the same time.

The Strava-based HASSRA Cycling Club continues to go from strength-to-strength with more than 200 members. We asked participants to ride for at least 10 days during the Tour de France as part of this year's Challenge. As an extra incentive, ten members could win a £100 Wiggle voucher for completing the Challenge.

HASSRA Y&H's Trina Elkington was one of the lucky winners. She tells us about her Challenge experience,



"I've just finished my HASSRA Tour de France Challenge and what a wonderful time I've had. 22 days riding since the TdF started. I thought I'd try to stick to the challenge and how I've loved it!"

28 rides over 22 days and over 475km. I've

ridden to the park for ice-cream, MTB'd in the forest, gazed at the views on sunset rides, found my first 'knitted post-box topper'(?!), battled through long tough road rides, visited a Scarecrow festival, commuted to my first socially-distanced meet up since the initial Lockdown began, rode to my first face-to-face shop visit, and even had my first bike racing lesson (just to 'try' it!).

I've ridden road bikes, gravel bikes, mountain bikes and electric bikes. I've made new friends and been to new places; ridden in torrential rain, mist and fog, cloudy skies, and scorching hot sun.

For someone that's been classed as vulnerable and been strictly shielding, it's been such a release. Before the challenge I rode maybe once or twice a week. Now I can't wait to go exploring on my bike again. Honestly, I've had the time of my life! Thank you HASSRA for an amazing adventure. I'm gonna have a few days off now and give my legs and bottom a rest!"

Members still have a chance to get involved and win prizes in the Maillot Jaune (Yellow Jersey) Challenge. Send in a photo of you and your family on a bike ride wearing something yellow and you could win one of 50 Love2Shop vouchers worth £20. Check out the **HASSRA Cycling Challenge 2021** for details.

HASSRA Buddy Draw

HASSRA is once again offering all new and existing members the opportunity to win cash prizes. By recruiting a colleague who isn't already a HASSRA member, both the current and the new member will be entered into a cash prize draw.

Recruiting new members has never been more attractive or more important. That's why we have 200 prizes of £50 up for grabs, 100 for new members with a matching prize for the member who recruited them.

Existing members will receive an entry for each new member they refer - with no limit on the number of entries. So, the more members you recruit, the more chances you have of winning! One lucky member won £450 in the first prize draw which included nine of his new recruits, showing that hard work is just as important as luck!

The next draw will be based on new member applications received up to 30th November 2021. So get recruiting as many members as possible and maybe you will be just as lucky!



Find out more at
HASSRA
Buddy Draw

**OFFER
EXTENDED**
until 30th September

HASSRA Summer Promotion

This year's Summer Promotion is in full swing, offering the biggest discounts ever available through HASSRA.

Members have already saved over £230,000 during June and July, and the following tickets are still available with at least 60% off until 30th September.



So make the most of your summer with HASSRA.

For full details and updates on all the latest Summer Promotion offers, please visit the [HASSRA Website](#).

All tickets must be ordered through [HASSRA Live](#). We hope to add more great offers as soon as the attractions open and tickets become available.



tastecard's summer savecation.

Come rain or shine, tastecard serves up tasty deals on **dining, days out, cinema** and plenty more.



2 for 1 meals or 50% off food



Up to 30% off cinema tickets



Up to 50% off attractions



Up to 50% off pizza delivery



At least 10% off Delivery & Collection



Member Perks

Visit the Hassra Shop to sign up now.

Wetlands are essential to almost all life on the planet, including our own. Yet they are under threat. 90% have been lost in England alone. The Covid pandemic has shown us the importance of nature to our lives and the need to use its benefits to help us build back better. The Wetlands Can! campaign will shine a light on how wetlands can fight back against climate change, protect our communities from flooding, clean our water to restore nature and heal our mental health crisis.

We are asking HASSRA members to join WWT's pledge to create 100,000 hectares of healthy wetlands around the UK and create a blue recovery for all our futures. Wetlands Can! will run for two years, steadily building momentum to put wetlands at the heart of solving the UK's climate, nature and wellbeing crisis.

Find out more at wwt.org.uk/WetlandsCan

And don't forget you can visit a Wetlands Centre for a fraction of the usual cost – see **HASSRA WWT Tickets** for details.



WWT




The HASSRA Lottery - your best bet!

With 113 guaranteed winners sharing £55,000 every month, including a jackpot of £12,500, the HASSRA Lottery gives you the very best chance of winning big.

It costs just £1 to enter the draw, and you can buy up to 20 entries each month to increase your chances of a win.

Compare this with most major UK lotteries, where you have to guess a sequence of numbers, often resulting in no overall winners for weeks on end, or having to share your win with others.

The odds speak for themselves:

LOTTERY	COST	CHANCE OF JACKPOT WIN	GUARANTEED WINNER
	£1 per month	1 in 75,000	✓
	£10 per month	1 in 135,000	✓
	£4 four-weekly	1 in 1,000,000	✗
	£2 per week	1 in 45,100,000	✗
	£2.50 per week	1 in 139,800,000	✗

Mike Nash, HASSRA South West, tells us,

"I joined the HASSRA Lottery in December 2019. I wasn't particularly looking to win. It was an opportunity for me to support HASSRA and I felt that I wouldn't miss the £20 per month from my salary. If I did win anything, that would be a bit of a bonus. I sort of forgot about it and never really bothered with checking the results.

So, February 2021 rolls around and I am sitting at home checking my emails. I open one from HASSRA asking for me to click a link and enter my bank details as I have won £1,250 on the Lottery. I initially thought it was a wind up or a phishing email, but I logged on to my HASSRA account and was shocked to find that the e-mail was legitimate and I had in fact won. I was even more shocked when

I realised that I had misread the mail. I had actually won the £12,500 Jackpot! My first thought was,

'should I tell the wife?' I bit the bullet and did, as life wouldn't be worth living otherwise.

I would like to tell you that these winnings have already been spent by said wife, but they are currently nestling in Premium Bonds awaiting a time when we can go abroad again.

I don't particularly want to leave these two miscreants in kennels, so we are currently holidaying in the UK so they get their own doggie hols with us. These boys obviously wear the trousers in our family.

We plan to take the Orient Express from London to Venice, and then return via TGV & Eurostar after a few days. This is a trip we have often discussed after going around the English Garden of Eden on the Orient Express in 2007. That will probably account for most of my winnings unless ERNIE decides to knock on the door in the meantime.

Then, who knows????

The chances of winning a prize in the HASSRA Lottery are pretty high. So, if you can spare the cash, I would recommend joining as it is a no-brainer if you win."



Could you be the next Mike?
Find out more and get your tickets at **HASSRA Lottery.**

Are you ready? Take steps for STEPtember

Join The Charity for Civil Servants' free STEPtember challenge to become part of their community of like-minded and inspiring colleagues who have pledged to make a real difference to the lives of civil servants in need.

On signing up to STEPtember, you'll be setting yourself a challenge to walk 10,000 steps a day during September. You'll also find that this is a winning opportunity to get fit at the same time as donating or fundraising for The Charity of Civil Servants.

In the last three years, people have requested help from the Charity over 180,000 times. 54,000 came to them in the last year alone. By walking, running, skipping or even dancing your way to 10,000 steps

a day, your support will help the Charity to change lives.

Last year has proved that it's impossible to predict what life will throw at us. Illness, bereavement, relationship breakdown, money worries, the strain of caring for loved ones are just some of the reasons why people turn to The Charity for Civil Servants.

Every step you take will raise money to help your colleagues through difficult times, when they need your help most.

We're all aware that physical activity is beneficial for our mental health and wellbeing. Taking steps with a supportive community and walking with others has to be better. If you add in 'helping others' by fundraising or donating, it can only

For those of you who are avid walkers or have recently discovered walking during lockdowns...

you'll be delighted to hear that STEPtember is back!

lead to a winning combination. Throughout the pandemic The Charity for Civil Servants has continued to support civil servants during their times of need, giving out nearly £1.66 million in financial support to help people in 2020.

Are you ready? Take steps for STEPtember and **sign up** to support The Charity for Civil Servants today!

Your fundraising will help civil servants who need it most:

- **£25 could help someone get advice on a legal matter**
- **£100 could pay for the extra travel costs of visiting a partner or child in hospital**
- **£300 could provide someone who has fled domestic abuse with the basics to start up again**

Jake, DWP & HASSRA member

When Jake's close friend took their own life, he plummeted into a deep depression and had suicidal thoughts. At about the same time he became a carer for his father whose health had rapidly deteriorated, which pushed Jake to breaking point both emotionally and financially.

Jake reached out to The Charity for Civil Servants for help. Initially, we found that we were able to provide a small financial grant, helping kick-start his financial recovery. We also introduced Jake to our Carers' Digital Resource, a digital package full of useful information for carers across the Civil Service.

Additionally, we recommended our wellbeing services and one of our partner organisations, Turn2Us, in case Jake wanted additional support to the therapy he was already receiving through the NHS.

"I want other people to know how helpful and non-judgemental this

brilliant Charity is... Once I'm debt-free, I intend to become a regular donor. I want to help other people who have gone through similar situations to me. To anyone who can relate to my story and feels unsure of what to do next, just ask for help."

The Charity for Civil Servants supports all current, former and retired civil servants throughout their lives, listening without judgement and offering practical, financial and emotional support.

To find out more about the Charity's services, or to get involved, please visit foryoubyyou.org.uk or call 0800 056 2424.

The Charity for Civil Servants

#Stepember

STEPtember



Are you ready? Sign up • Step up • Support

The HASSRA AGM

This year's AGM took place on 13th May via a conference call once again, with delegates from all 12 regions dialling in.

The 2020 Lockdown Programme was discussed and it was agreed that the continuing positivity felt within the Association was testament to the efforts of staff and volunteers across the country over the previous year. The experience of Covid-19 will also be helpful in reviewing the National programme for future years. You can read about some of our key achievements in the [HASSRA Annual Report Overview 2020](#). A new **Three-Year Strategy** was also introduced with a focus on building membership, supporting clubs and volunteers, and promoting diversity and inclusion throughout everything we do.

This year saw posts available on all National Committees.

Following the elections congratulations go to:

National Board of Management:

Paul Adams (North West)

Justine Brown (South West)

Simon Woodrow (Fylde)

Finance Committee:

Martin Gale (Fylde)

Willie Hunter (Scotland)

Awards Committee:

Irena Gorbun (Yorkshire & The Humber)

Programme and Delivery Committee:

Simon Jowitt (Fylde)

Della Tucker (East Midlands)

Lets Get Physical

HASSRA is working throughout 2021 with JG Fitness to offer you another way to get fit and healthy. In a series of 6-week fitness challenges hosted on YouTube, members have been working hard to 'get physical' and win prizes at the same time.

Therese Johns from HASSRA South West took part in the first Let's Get Physical challenge earlier this year and won a year's subscription to the JGF fitness app.

"I recently completed JGF's 12-week Muscle and Fat-Burning programme

and have loved it, with great workouts and videos showing you how to do the exercises.

Some weeks are easier than others and it becomes harder the closer you get to your goal. I have managed to lose 11.2kg so far. at I wanted but the plan now is to restart the programme for another 12 weeks and get those final 3-4kg off as well.

I feel so much better and happier with myself and with my wardrobe. I have added three days of running 5-6km to my regime and that is also going well.

I want to thank HASSRA so much for all the support.

What a great team you are! I am so pleased to have been given the opportunity (and the kick up my backside) to get on with it."

Watch out for the next Let's Get Physical challenge later this year. If you want to catch up on earlier workouts or if Yoga and Meditation programme is more your thing, all sessions are available now when you subscribe to the **HASSRA YouTube Channel**.



BEFORE

AFTER



Explore your creative side.

Following the roaring success of last year's virtual Art Competition, we are once again asking you to submit your creative efforts online in an attempt to become a HASSRA Champion and win up to £150.

The standard of last year's entries was exceptionally high but we're confident you can achieve even greater results this time around.

The three categories are:

- **Drawing**
- **Painting**
- **Mixed-media and 3D**

The theme for this year's competition is **Reflection**.

So, whether it's a self-portrait, a lakeside tree or a sculpture made from mirrors, interpret it in your own way and get your creative juices flowing. Closing date for entries is 30th September. Visit **HASSRA Art Competition 2021** for full details and rules of entry.

2020 OVERALL ART WINNER

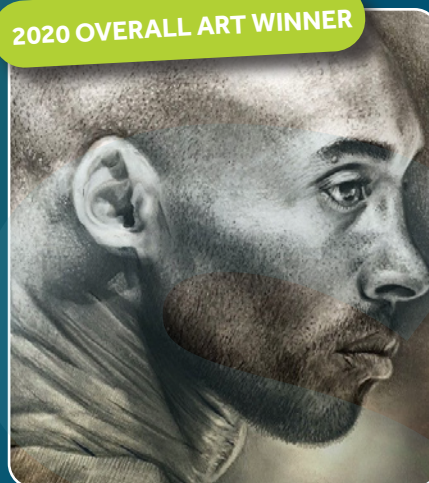


Image by Lindsay Chapman, South West



Take your Best Shot.

2020 OVERALL PHOTOGRAPHY WINNER



Image by Gary Dixon, North East

Another huge Lockdown success story was last year's virtual Photography Competition. We received over 600 outstanding entries and we want to showcase your photographic skills online once again. Will you be the next HASSRA Photographer of the Year? There are some fantastic prizes available so get snapping now and enter your best images for the chance to win up to £150.

The three categories for 2021 are:

- **Landscapes**
- **People and Animals**
- **Reflection**

Closing date for entries is 30th September. Visit **HASSRA Photography Competition 2021** for full details and rules of entry.

Sail Away *with* **HASSRA**

The Inter Departmental Offshore Regatta (IDOR) brings together HASSRA* crew members of all abilities to take part in yacht racing against other departmental associations.



Following the disappointing postponement of the 2020 event, this year's IDOR took place a little later than usual, and with fewer boats. However, it was a real success. Once again, there were two HASSRA boats with the usual mix of experienced and novice sailors working really well together.

The week-long programme of inshore and offshore races took place between 21st – 25th June from Cowes on the Isle of Wight, providing a fantastic opportunity to enjoy some exciting and competitive sailing. One of the novice crew members, HASSRA South West's Katherine Barber, tells us of her experience.

"If you are considering applying for the IDOR, I would say go for it! I have recently returned from my first one and can honestly say it was one of the most fun events I've ever taken part in.

I was one of the novice crew members having never sailed before, so for me there was a real mixture of excitement and apprehension about what to expect. Something that I was quite unsure about was what to wear for sailing. However, I was given an information pack in advance by Debbie, the Sailing Team Manager. This was really useful as it had a handy checklist of things to bring along. The waterproofs which you can hire upon arrival from Fairview Sailing Club were well worth the money. It was raining on the first day, but even on the dry days it could get a bit chilly out on the water.

Most of the crew arrived on Sunday evening at Port Hamble so there was an opportunity to get to know people a bit before the racing began. I was on HASSRA B with Skipper Kieron and Mate Debbie. They were both really welcoming, and I was greeted with a cider almost as soon as I got on board, so I knew it was going to be a fun trip!

On Monday morning, the rest of the crew joined us and off we went to Cowes for the week. We had our best result on the first day, coming in 3rd place, but the day wasn't without drama, as a sail tore in half during the race. The big Round the Island Race on Wednesday had to be modified

because of the wind conditions. However, that gave us the chance to moor up at Osborne Bay in the afternoon and have a cup of tea and a swim off the boat with HASSRA A which was lovely!

Kieron, Debbie and the other experienced crew members were really patient and were more than happy to explain things and let us novices get stuck in trying various bits and bobs. You soon learn the art of scrambling head first across the boat when someone shouts "tack", and have some lovely bruises to show for it by the end of the week!

The social side of things was a little different this year because of COVID, so the Regatta dinner sadly didn't go ahead, but we made the best of it with some great takeaway nights on the boat and a couple of evenings dining out.

If you like your creature comforts and your personal space, IDOR may not be for you, but if you are willing to put up with slightly cramped accommodation and don't mind getting your hands dirty, you will have a fantastic time!

For further details about getting involved in the IDOR, visit **HASSRA Sailing Team**. Who knows, you could end up in next year's event.

*You must be a member of both HASSRA and CSSC to take part in this event



HASSRA DEVELOPMENT FUND

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 1,500 members have applied for funding so far, achieving success at all levels and demonstrating HASSRA's commitment to both able-bodied and disabled members throughout the Association.

Sarah-Jane (HASSRA South East) tells us, I have been a HASSRA member since I joined DWP in 2007.

"I first applied to the HASSRA Development Fund (HDF) when volunteering at the 2012 London Olympics. This was my first real volunteering role and I was really pleased to receive £250.00 towards my travel and expenses. Since then, I have continued volunteering at various sports events in the UK and abroad.

In September 2019, I was interviewed for a volunteering role at the EUROS 2020. I was lucky enough to be picked and we had just started our training in March 2020 when Covid hit and the tournament was postponed to 2021.

A year later, I started again and applied to the HDF for help. They were brilliant and I received another £150.00 funding.

My role was based at the Wembley Stadium entrance ensuring spectators had their tickets ready, plus supporting stewards with any issues scanning the tickets. This was really all about customer experience. That is part of my normal job so I absolutely loved it. I was part of a team of volunteers from all around the UK and made some great friends over the month.

I also volunteered at Trafalgar Square for the England v Ukraine match which was shown on a big screen to spectators who got free tickets to attend through a ballot. My role was to escort the media to their positions inside the square and assist with anything they needed before the game started.

Back at Wembley, our volunteer manager kindly arranged for a tour of the stadium on one of the non-match days for ticketing volunteers. It was so nice to be able to go in without the crowds and get to be pitch-side!

For the Final, I was based at the Club Wembley entrance where the VIPs arrive. I was asked to escort Delia Smith and her husband who were there as guests of UEFA. They were lovely. I also got a chance to see the Red Arrows fly over the stadium right before kick off!

The whole experience is something I'll never forget and I hope the event is remembered for everything Gareth Southgate and England achieved. I must thank HASSRA for all the help received and I would recommend anyone to look into the HDF if they need assistance."

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

