

livelife

The magazine for HASSRA members



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HASSRA
Living Life 

HASSRA's £50,000 Christmas Cracker

The £50,000 Christmas Cracker includes 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.

Who played the lead role in the classic TV series, Cracker?

- A: Ricky Tomlinson
- B: Robbie Coltrane
- C: Brian Blessed

Make sure you're signed into your HASSRA Live account, then visit the **Christmas Cracker page**, answer the question and click Enter online by 28th November 2023. 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 plenty of time for a cracking Christmas.

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Welcome to the Autumn edition of Livelife

It's difficult to believe we're already in October and Christmas is around the corner. That can only mean one thing – it's time for the £50,000 Christmas Cracker. See page 2 for details of the fantastic festive delights we have in store for 200 lucky members, including a top prize of £5,000.

Talking of £5,000, one winner tells us how she felt when she got the call to say she had won the top prize in the recent £20,000 Cash Giveaway.

The Summer Promotion has just come to an end, with members saving thousands of pounds over the school holiday period and beyond. HASSRA is constantly on the lookout for new and exciting ways to enhance our overall benefit package. See page 16 for some of the great new offers available now.

More members mean bigger and better offers for us all. HASSRA is asking everyone to play a part in recruiting new members and, importantly, retaining existing ones as they retire or leave for pastures new. HASSRA membership offers something

for everyone and we need you to spread the word. 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 10.

Volunteers at every level keep HASSRA's heart beating. We have given the Volunteer section of HASSRA Live a makeover, making it much easier to get involved and find the right tools to make the most of your local club or region. You can also register for some online workshops to make the most of HASSRA Live and earn some cash for your club at the same time. See page 15 for details. Our joint Volunteer of the Year, Lyndsey, tells us on page 8 about what she does, and why. So if you have some spare time on your hands and if you want to make a difference, why not become a HASSRA Volunteer in your club?

Read on for many more ways to get involved, win some fantastic prizes, and find out about what other members are getting up to around the country.



Take care of yourselves and your loved ones in what remains of 2023

Robbie Miller
Editor

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HASSRA July Festival Winners 2023



Archery:

Individual – Zoe Jones, East Midlands;
Team – Iain Watson & Lorraine Burrow, Fylde

Badminton:

Ladies' Doubles – Helen Bamber & Nicola Bibby, North East;
Men's Doubles – Raj Passy & David Hopkins, Yorkshire & The Humber;
Mixed Doubles – Simon Bamber & Helen Bamber, North East

Coarse Angling:

Individual – Brian Malyn, South East;
Team – South East

Drama:

Best Production – North West;
Best individual Performance – Della Tucker, East Midlands

5-a-side Football:

Team – Yorkshire & The Humber

Flat Green Bowls:

Ladies' Singles – Heather Walsh, North West;
Men's Singles – Ian Burgess, North West;
Pairs – Ron Hall & Jimmy McKinney, North East

Footgolf:

Men – Phil Prjanikov, East Midlands;
Ladies – Janine Crosby, Yorkshire & The Humber;
Hole in One – Steve Sampla, Yorkshire & The Humber

General

Knowledge Quiz:
Team – London

Tennis:

Ladies' Doubles – Lorraine Cockell & Claire Heath, East Midlands;
Men's Doubles – Ian Hartley & Matthew Gibson, North West

Mixed Rounders:

Team – Yorkshire & The Humber

Craft Workshop:

This was non-competitive, but the event was really enjoyed by all those taking part!



HASSRA September Festival Winners 2023

Chess:

David Ireland – West Midlands

Darts:

Ladies' Singles – Paula Patton, North East;
Men's Singles – Stuart Monaghan, London;
Team – South West

Golf:

Ladies' Handicap – Trudy Tremain, South West;
Ladies' Scratch – Julie Wood, South East;
Men's Handicap – Kevin Dolphin, West Midlands;
Men's Scratch – Tom Trippett, Wales

Netball:

Team – Fylde

Pictionary:

Team – East Midlands

Pool:

Ladies – Lorraine Grice, Yorkshire & The Humber;
Men – Kevin Isaac, Wales

Snooker:

Mark Miller, North West

Sports Quiz:

Team – Fylde

Table Tennis:

Ladies' Singles – Alison McKim, North East; **Men's Singles** – Phil Cawser, Yorkshire & The Humber;
Ladies' Doubles – Alison McKim & Pauline Long, North East;
Men's Doubles – Phil Cawser & Andy Lee, Yorkshire & The Humber;
Mixed Doubles – Phil Cawser & Jackie Wood - Yorkshire & The Humber

Ten Pin Bowling: Ladies' Handicap –

Anita Fairhurst, Yorkshire & The Humber;
Ladies' Scratch – Jackie Arnold, North West;
Men's Handicap – Martin Hill, London;
Men's Scratch – David Broomfield, Fylde;
Ladies' Doubles – East Midlands; **Men's Doubles** – Yorkshire & The Humber; **Team** – Yorkshire & The Humber

Craft, Fitness and Photography Workshops:

These were both non-competitive, but the events were really enjoyed by all – the baby hats from the Craft Workshop went to the Blackburn Birth Centre, and the poppies went to The Royal British Legion for sale in the upcoming Poppy Appeal!



Volunteer of the Year

LYNDSEY SOUTH

HASSRA membership doesn't have to just be about the benefits, discounts and activities that you can take advantage of. Being a HASSRA member also provides the opportunity to volunteer in many ways throughout the Association. Without our fantastic volunteers, many of your local and regional events and activities throughout the year simply wouldn't happen. Lyndsey South, HASSRA Yorkshire & The Humber is our recently crowned Volunteer of the Year. Here she tells us what she does, and why.

"I became a HASSRA member within the first year of joining DWP way back in 2001. I then became a volunteer around four years later.

I love being involved in HASSRA. It's such a great organisation with so many benefits and opportunities for its members. I take great pleasure in contributing my time towards HASSRA and I am very proud to be able to advise and help others when approached for advice relating to HASSRA at Local, Regional and National level.

When I first became a volunteer, I started off promoting the Sheffield raffle draw which included selling tickets to everyone in our office. This was a great way to meet new people and showcase the great benefits of being a member of HASSRA. After a few years on the Sheffield Committee, I was asked to take up the Deputy Secretary role having lost a few members of staff - this role was right up my street. It also gave me the opportunity to create our Sheffield newsletter which has been a success ever since!

I am also an active member of the Yorkshire & The Humber Regional Committee, taking the lead role in communicating all new events, latest offers and competitions. I also make all the arrangements for our Regional Awards Dinner and have been organising this event for the past ten years.

My HASSRA involvement doesn't stop at local and regional volunteering. I have also represented HASSRA in various sporting events over the years and continue to do so. Darts, Mixed Rounders, Beach Volleyball, Flat & Crown Green Bowls and, most recently, Ten Pin Bowling. HASSRA offers a great range of sporting opportunities and members of all standards are welcome to take part.

To summarise, I love doing things for the benefit of others, even more so when I am also on the receiving end of great stuff other volunteers do. HASSRA is a great organisation but is great because of the volunteers involved. I can't stress enough what a great feeling you get when doing something for others. To be recognised for my efforts is just the icing on the cake!





Windrush 75th ANNIVERSARY

This year saw the 75th anniversary of the HMT Empire Windrush landing at Port Tilbury. The ship carried hundreds of Caribbean citizens who were invited to the UK from Commonwealth countries after the Second World War.

“The buzz in the room was great”

Lots of events were held at offices around the country to mark the event in celebration of the historic significance and the contributions of the Windrush generation to British society.

HASSRA Erdington JCP hosted a Windrush Breakfast in July with lots of smiles, laughter and great food, and

the reading of a touching poem by one of the team, Frankie. This was just one of many inclusive events held at Erdington throughout the year. It raised over £100 for Oscar Birmingham, a local Sickle Cell Anaemia and Thalassaemia charity, and won an award in the Going for Gold initiative.

West Midlands Group Director and HASSRA West Midlands President, Helene Dearn attended the event and said, *“Erdington is clearly a very inclusive site and it’s great to see the passion and commitment for fundraising and the many celebrations of diverse holidays and events that you come together to share. The buzz in the room was so great. Keep up the great work!”*

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***Eligibility:** You must be a HASSRA member and an age limit of 74 years applies at the time of joining (though once joined no upper age limit will apply). All persons to be insured must also be Medically Fit to Travel as described in the Evidence of Insurance.

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HASSRA BUDDY DRAW



HASSRA is once again delighted to offer 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 the cash prize draw. Existing members will receive an entry for each new member they refer - with no limit on the number of entries. So the more new members you recruit, the more chances you have of winning!

Entry into the Buddy Draw shall be deemed to represent full acceptance of the **rules and conditions of the draw**.



There are 200 prizes of £50 up for grabs - 100 for new members and a matching prize for the member who recruited them. Check out our latest **HASSRA video on YouTube**, showing the highlights of HASSRA membership. You can find further tools on the **Marketing Materials** page to showcase HASSRA to your colleagues!



In addition to the individual Buddy Draw prizes, clubs around the country will be competing for this year's inaugural HASSRA Best Recruitment Trophy. Representatives from the winning club will be invited to take centre stage at next year's Major Awards Dinner at the University of Warwick to receive their prize. So, along with the other HASSRA colleagues in your club, get recruiting as many new members as possible now!



All new members must complete the **online application form** and must include the name and the office location of the recruiting member in the box on the bottom of the form. This information is essential to ensure you are both included in the draw. Closing date for eligible applications is 31st December 2023.

BE IN IT TO WIN IT!



As a HASSRA member you can participate in the HASSRA Lottery from as little as **£1 a month**.

A massive **£15,000** jackpot is up for grabs each month, with **£10,000** for the runner up and two **£5,000** prizes.

120 guaranteed winners get to share the huge monthly prize pot of £63,000.

So if you're not already the HASSRA Lottery, join now. Or increase your chances of winning with up to 20 tickets per month.

FIND OUT MORE AND GET YOUR TICKETS AT HASSRA LOTTERY.

THE ODDS SPEAK FOR THEMSELVES:

LOTTERY	COST	CHANCE OF JACKPOT WIN	GUARANTEED WINNER
HASSRA Living Life	£1 per month	1 in 99,000	✓
PEOPLE'S POSTCODE LOTTERY	£10 per month	1 in 135,000	✓
CSS Lottery	£4 four-weekly	1 in 1,000,000	✗
LOTTO	£2 per week	1 in 45,100,000	✗
EURO MILLIONS	£2.50 per week	1 in 139,800,000	✗

HASSRA Development Fund

The HASSRA Development Fund 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 – 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 to take up a new activity or to realise their potential in an existing activity.

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

Jose Rodriguez Barrera, HASSRA Scotland, tells us of his experience with the Development Fund:

"I have been playing Footgolf for five years and began playing competitively in 2019. I have already been fortunate enough to compete with some of the best Footgolf players in the world.

HASSRA's support through the Development Fund has made it possible for me to pursue my passion for Footgolf and compete in several competitions.

Thanks to this funding, I was able to participate in the 2022 National Tour organised by the Footgolf Association of Scotland. This was a great opportunity for me to compete against some of the top players in the country and test my skills. I also competed in The Welsh Open, The English Open, and The Adeje Cup in Tenerife. These were all challenging competitions that pushed me to my limits and helped me improve my game.

Furthermore, I was able to participate in the Scottish National Club League with my club Bridgend FGC. We finished second in the league, which was a great achievement for us. HASSRA's funding helped cover some of the costs associated with participating in the league, such as travel expenses and equipment.

Overall, I am extremely grateful for the support provided by the HASSRA Development Fund. The funding helped me develop my skills in the sport and, without this assistance, it would have been so much harder for me to participate in these competitions and achieve the success I have so far. I would recommend the HASSRA Development Fund to anyone who want to achieve their goals."

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



Art Competition 2023 -

Explore your creative side

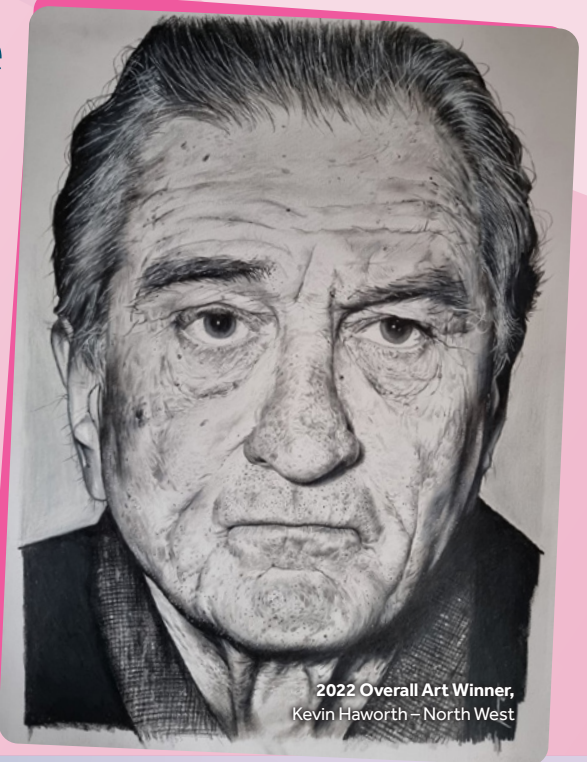
Following the success of our previous virtual Art Competitions, we are once again asking you to submit your best creative efforts online in an attempt to become **HASSRA Artist of the Year** and, at the same time, win up to **£250**.

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 **Generation and Regeneration**. Interpret this in your own way and get your creative juices flowing. Closing date for entries is **31st October 2023**. Visit **HASSRA Art Competition 2023** for full details and rules of entry.



2022 Overall Art Winner,
Kevin Haworth – North West

Photography Competition -

Take your Best Shot

Our online Photography Competitions have been a huge success over the last few years. We receive hundreds of outstanding entries each year 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 £250**.

The three categories for this year are:

- **LANDSCAPES**
- **PEOPLE AND ANIMALS**
- **ARCHITECTURE**



2022 Overall
Photography Winner,
Andrew Price – London

Closing date for entries is **31st October 2023**.

Visit **HASSRA Photography Competition 2023** for full details and rules of entry.

LONG RUNS FOR LEEDS CHARITY

HASSRA members are renowned for their magnificent fundraising efforts. These charitable endeavours are often result from life changing events and a compulsion to make a difference for others who might be affected in the same way.

HASSRA Leeds Quarry House member, Ian Long, recently finished a yearlong running challenge, inspired by his brother and in aid of the Rob Burrow MND Centre, Seacroft Hospital. He tells us,

"My brother, Phil, also a HASSRA and Leeds Golf Society member of many years, was diagnosed with Motor Neurone Disease (MND) just over 15 months ago. MND is a rare condition affecting the brain and nerves. It is currently an incurable disease of devastating proportions that eventually leads to death, but some people can live with it for many years.

Up to a couple of years ago it was a relatively unknown disease to most people. However, the running exploits of Sir Kevin Sinfield has brought MND into clear view and his love and affection for his best pal has moved all that have witnessed his amazing running feats.

It is only through this visibility that the number of people suffering the disease has become apparent. Unfortunately, most of us will know someone who has been or will be diagnosed with MND. The disease is cruel, it removes a person's independence and dignity; it affects all those around - with loved ones becoming full time carers; and whilst some can

exist with it for several years apparently 50% of sufferers die within 12 months of diagnosis.

It is only through research that a cure will be found, and the money raised for MND will be the determining factor.

With this in mind, a year ago, I declared that I would be running one hundred 5k runs to raise funds for MND. Although personal injuries slightly delayed the final run, my challenge was finally completed on Saturday 16th September.

It was great to complete the final leg of the challenge with my partner, Leisa and my son, Jonathan. Here we all are at the finish line.

Many thanks to everybody who contributed to the fundraising and provided messages of support throughout the challenge. Over £2,000 has been raised so far with another £250 pledged. The support has been tremendous."



On behalf of everyone in HASSRA, a massive well done to Ian for battling through to the end of this great. Anyone who would like to support this great cause can do so on [Ian's Go Fund Me page](#).



Debbie's Delight at Fortunate £5k Win.

The draw recently took place for our **£20,000 Summer Cash Giveaway**. 200 lucky members each won a cash prize ranging from **£100** up to a huge **first prize of £5,000**.



HASSRA East Midlands member and first prize winner, Debbie Fawcett tells us,

"I got up last Monday morning, the first day of my early retirement, to an email from HASSRA saying I had won prize. I honestly expected it to be a box of chocolates or a hamper or similar from one of the usual HASSRA competitions I enter. And that would have been lovely. But when I opened the email and saw that I had actually won £5,000, to be honest, I thought it was a scam. I rarely win anything and never anything on this scale! But a phone call shortly afterwards from the lovely Kevin confirmed it was true. I was so excited. I really could not believe it, and it couldn't have come at a better time.

We have been planning a retirement trip to Canada. We want to travel around and see lots of the country for a couple of months, and this money will go a long way towards that. I have been in HASSRA for about 38 years and have been entering competitions and buying lottery tickets for most of that time. This is the first win I have had.

Thanks, HASSRA for everything you do. I have taken advantage of so much over the years and will definitely remain a HASSRA member in my retirement."

Check out the WIN section of HASSRA Live to see what other great prizes can be won now, and throughout the year.

Charity for Civil Servants: for whatever happens

A huge thanks to all the HASSRA members who took part in the Charity for Civil Servants' Mega Miles Challenge in June. With over 1,100 civil servants taking part from 57 government departments and agencies, we are delighted that over 160 participants were HASSRA members! All those taking part contributed to a grand total of £27,500 raised, which will be used to help more civil servants in their times of need. As well as the amazing support from HASSRA members, DWP's 434 participants successfully raised a fabulous £7,367!



To follow the success of the Mega Miles Challenge, we've got lots more planned for this Autumn. We start with our flagship **Mental Health and Wellbeing Conference**, organised in partnership with Government People Group, taking place between **9-13 October**.

2023's conference brings an exciting line-up of expert guest speakers covering a variety of compelling sessions from practical mental health advice to creating a better understanding of topics like loneliness and neurodivergent burnout.

It's now open to all civil servants, for registration.

What's coming up at your charity?

As well as the Mental Health and Wellbeing Conference, there's so much more happening at the Charity this year – we'd love you to get involved. **Visit cfcs.org.uk** for a full list of what's on.

- **5 October - Open Access Awareness talk** – want to find out more about your Charity? **Sign up** to learn more about the help and support available; for individuals or small groups
- **18 October - Menopause Seminar** - **sign up** to 'how menopause can impact women's cardiovascular health during this time of change'
- **24 October - Open Access Awareness talk** - want to find out more about your Charity? **Sign up** to learn more about the help and support available; for individuals or small groups
- **1 November - 'Talking to neurodivergent children about relationships'** webinar, with Dr Annie Clements, Autism and ADHD
- **December - Festive Jumper Day** throughout the month!

If you didn't know about these events, then you can sign up to receive our monthly updates. **Visit cfcs.org.uk/hello** to register with the Charity today.

For whatever happens

The Charity for Civil Servants is always there to support all civil servants with whatever problem they're up against – from mental health struggles to relationship issues, from getting through grief to coping with disability.

We know that we can't always prevent difficult things from happening in people's lives, but when they do, we're here to provide support every step of the way. Whether you're a current, former or retired civil servant, when times are tough, make the Charity your first port of call. To find out more about the support services available, or to get involved, **visit the Charity for Civil Servants' website**.

You can sign up to receive regular updates about our help and support. And if you know anyone else who could benefit from hearing about the Charity for Civil Servants, please let them know.

Festive Jumper Day is back!

Are you ready to rock your festive jumper? The Charity for Civil Servants' Festive Jumper Day is your chance to wear your most dazzling, wacky, and downright tacky festive jumpers to raise money and help fellow civil servants thrive when life gets tough.

Taking part is fun - and as 'Lead Elf' you just need to follow these 5 easy steps:

- **Gather your colleagues, aka your Festive Knitwear Crew**
- **Sign up on behalf of your crew** (this creates your fundraising page)
- **Pick a day that works for everyone**
- **Share your fundraising page with your Festive Knitwear Crew**
- **Wear your festive jumpers and have fun!**

Not office-based? No problem. Festive Jumper Days can be just as fun held virtually. And you never know who may call in from the North Pole!



Make the most of HASSRA Live

Earn cash for your club at the same time!

Since the introduction of HASSRA Live, we have been developing new and exciting functionality to provide our members and, importantly, our volunteers with a user-friendly, practical, and engaging system to enhance the overall HASSRA experience. We ran several HASSRA Live online workshops over the summer offering an overview of many of the key functions available, such as Send Mail, Membership Lists, Chair's Certificates, and setting up Competitions and Events.

Send Mail

We've equipped HASSRA volunteers with the knowledge and tools to communicate directly with their club or region. With real-time updates to the virtual subscribers lists, members can keep informed with local news, events and offers, thus raising engagement and participation.

Membership Lists

Gone are the days of not knowing exactly how many members are in your club or region.

We have simplified the process by demonstrating how to access membership lists on HASSRA Live. We were able to show how officials can easily manage and track their club's membership with just a few clicks.

Uploading Chair's certificates

Our support has extended to many of the essential administrative tasks. Club officials were shown how easy it is to upload their Chair's certificates ensuring they meet all the necessary requirements. Over 12 sessions, some 250 club volunteers were guided through these functions.

Competitions and Events

With the guidance and support provided by the HASSRA Live Team, local and regional volunteers have successfully organised several engaging competitions and events on HASSRA Live.

We really want all our clubs to make the most of HASSRA Live's capability and we are convinced that this fantastic system can and will boost participation and drive up engagement across the country.

We want to continually enhance the overall HASSRA Live experience, providing unparalleled support for our valued club volunteers and officials by running future workshops, beginning in October.

If you would like to join any of these sessions, please send us your details at [HASSRA Live Online Workshops](#) and we will be in touch with dates for your diary.

£75 bonus available for every HASSRA club.

We want all our clubs to take up the opportunity of online training, and then consolidate their learning as quickly as possible. This will hopefully lead to increased engagement on HASSRA Live by both volunteers and members. As way of an incentive, any club that successfully launches at least one competition or event using HASSRA Live between October and December 2023 will receive a cash bonus of £75 into their club account.

Check out what's **NEW FOR YOU!**

HASSRA is continually looking for new offers and discounts to make membership even more worthwhile. Over recent months we've added a number of fantastic new benefits which can save our members money and also introduce you to new and exciting experiences.

Here's just some of the latest offers and you can be sure that there's more to come!

Check out the **HASSRA Live Offers** section for details of all nationwide membership benefits.




 **MyResortStays**

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Discover Spain, Greece, Mexico Orlando and more, from just £255. Plus, as a HASSRA member, you can enjoy an additional 10% OFF on top of our unbeatable rates until the 22nd of October!

Don't miss out on your chance to experience the holiday of a lifetime with MyResortStays!
Book now and start creating unforgettable memories for much less.