

livelife

The magazine for HASSRA members



In this issue:

HASSRA CYCLING CHALLENGE

p2

HASSRA LOTTERY DOUBLE WINNER

p4

ART & PHOTOGRAPHY WINNERS

p6 & 7

VOLUNTEER OF THE YEAR

p10

GET AWAY WITH HASSRA IN 2024

p11

IMPORTANT NEWS FOR HASSRA MEMBERS

p12

WIN
£500 WORTH
OF HALFORDS
BIKE HUT
VOUCHERS

page 2

HASSRA
Living Life 



Get on Your Bike with HASSRA

It's a new year and the days are already getting longer. It won't be long before we are all looking to move outdoors for our all-important exercise. What better way to do this than cycling? We know bikes and the essential safety equipment can be expensive. So to help you on your way HASSRA is giving away a top prize of £500 and 10 runner-up prizes of £300 for Halfords Bike Hut.

All you have to do is answer the following question:

What nickname is given to the Milan-San Remo, traditionally the first professional race of the year?

- A) La Prima Facie
- B) La Prima Donna
- C) La Prima Vera

To enter, just visit the [Get On Your Bike Competition](#) by 7th March 2024*. All correct entries will go into the draw and the winners will be selected at random.

So have a go and good luck!

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

ENTER THE
**GET ON
YOUR BIKE**
COMPETITION



HASSRA Cycling Challenge 2023

Keeping on the bike theme, we celebrate the triumphs of the recent **HASSRA Cycling Challenge**, showcasing the remarkable achievements of our dedicated members during the four weeks from 16th October to 12th November 2023.

Two categories defined this exhilarating event: the winner of the longest single ride was **HASSRA North East's Michael Smith** who reached an extraordinary 280km in one go. And if this wasn't impressive enough, **HASSRA London's Paul Warren** covered an astonishing 2,226km over the four weeks to become the winner of the longest overall distance.

Both category winners received £250, with second and third places winning £150 and £100 respectively.

The enthusiasm didn't stop there as the collective efforts of over 50 HASSRA cyclists resulted in an awe-inspiring total of over 13,500 kilometres, underscoring the commitment and passion of our ever-growing cycling community. 20 of these participants were also chosen at random to receive £50 for taking part in this year's challenge. **Congratulations to all our winners and to everyone who took part.**

Are you also a keen cyclist?

Find out more and join up in time for the next challenge.

Visit [HASSRA Cycling Club](#) now!

Welcome to the first livelife of 2024

I sincerely hope you and your families had the best possible festive break. At the time of writing, the new year has barely begun. Legend has it that first-footing requires a tall, dark handsome man bearing fuel, food, or money to bring 12 months of good luck. I was the first footer in our house, so it's yet another dodgy year on the cards!

Everybody I speak to seems to have been struck down with coughs and colds over the holidays, struggling to shake it off. It's important that we always take the time to make sure we are in the best possible shape. Exercise is a great way of improving your overall health and HASSRA has some fantastic offers for the Body & Mind to get you there. At the same time, you might be looking to book a holiday as an incentive for your fitness regime. HASSRA also works with some great holiday providers and you can find out more on page 11.

Staying on the theme of exercise, we want you to get on your bike for the latest competition with the chance to win up to £500 in Halford's Bike Hut vouchers as we

also tip our proverbial hats to the HASSRA Cycling Club and their amazing efforts – see page 2 for details of how to get involved.

As I plan my upcoming trip to the Masters Snooker in Ally Pally, another master of the cue shows us how he has turned adversity into major triumph with the help of HASSRA's Development Fund – find out more on page 5.

On the subject of winners, read on to see the results of the Art and Photography competitions, see what it means to win first prize in the HASSRA Christmas Cracker, and check out our latest double jackpot winner as she tells us how it feels to scoop £30,000 on the HASSRA Lottery.

Finally, continue to keep a close eye on HASSRA Live for lots more coming up throughout the year. From local trips and HASSRA Festivals, to new offers and online events, including raffles, puzzles and competitions. Spread the word – more members means more to offer everyone. Keep growing to keep going!



As we wave goodbye to 2023 and say a big hello to 2024, let's make it a year to remember for all the right reasons!

Robbie Miller
Editor

HASSRA regional contacts:

East of England

hassra.eastofengland@dwp.gov.uk

East Midlands

hassra.eastmidlands@dwp.gov.uk

Fylde

hassra.fyldeinbox@dwp.gov.uk

London

hassra.london@dwp.gov.uk

North East

hassra-northeast@dwp.gov.uk

North West

hassra.NW@dwp.gov.uk

Scotland

hassra.scotland@dwp.gov.uk

South East

hassra.southeast@dwp.gov.uk

South West

hassra.southwest@dwp.gov.uk

Wales

hassra.wales@dwp.gov.uk

West Midlands

hassra.westmidlands@dwp.gov.uk

Yorkshire and The Humber

hassra.yorkshireandhumberside@dwp.gov.uk

Supported by:



Editorial

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

Editorial office: HASSRA Communications and Marketing, Oswestry JCP, Oswald Road, Oswestry, SY11 1DZ.

Email: hassracommunications.andmarketing@dwp.gov.uk



HASSRA Lottery – Your Best Bet!



With 120 guaranteed winners sharing £63,000 every month, including a massive jackpot of £15,000 and a second prize of £10,000, 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 tickets 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
 HASSRA Living Life	£1 per month	1 in 100,000	✓
 PEOPLE'S POSTCODE LOTTERY	£10 per month	1 in 135,000	✓
 OSK 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	✗



The **HASSRA Lottery** held its second Double Money Draw in October with every winner receiving twice as much cash as usual. Sarah Lewis from HASSRA West Midlands was the lucky jackpot winner, scooping a massive £30,000. She told us,

"I honestly can't remember how long I have been a HASSRA member. I have been in the Department for 25 years, so I guess a long time. The Lottery though, that is a more recent thing. Probably six years or so.

I was in the office when I found out about my £30,000 win. I had a call from the HASSRA team querying why I had not claimed my prize. I didn't understand what the fuss was about. After all, I presumed I had probably won a box of chocolates or a voucher. The Lottery didn't even come in to my head.

"I still can't believe I won. I feel so incredibly lucky"

I was asked to log in to my account while she was on the phone. But it wouldn't accept my password. Then it wouldn't reset. I then kept getting the "too many attempts" message. I remember saying, "I am having such a bad day!" She replied, "I am sure it will get better!"

It was about an hour (and a good few swear words later) when I finally got into my account. I looked. Then I looked again. Then I just stared at it. I couldn't believe my eyes. I ended up shouting, "someone come look at my computer!"

My friend came over and the look on her face said it was real. I clicked on claim and called the lady back. After confirming I had actually won £30,000 she said, "I told

you your day would get better." I still can't believe I won. I feel so incredibly lucky.

I have since paid off a few bills, bought far too many theatre tickets, booked a holiday and some weekends away, plus a few nice things for my family. My husband has bought a few things too. All things that I really need, apparently. He is so kind to me. Funny I never knew I needed a Ninja BBQ Smoker! The rest is safely tucked away for now.

I have previously won £200 on the HASSRA Lottery and thought I was exceptionally lucky then. I originally had three tickets but increased to five per month after my latest win - just in case! You never know.

I would recommend buying a HASSRA Lottery ticket to everyone. You never really know what might be just around the corner!"

FIND OUT
MORE AND GET
YOUR TICKETS AT
**HASSRA
LOTTERY**

RIGHT ON CUE WITH A HELPING HAND

HASSRA North West member, Tony Southern is a true legend of cue sports and a fine ambassador for pool, snooker and, in fact, any sport. Over the years, Tony has won four World Pool titles, countless European medals, 23 National snooker titles and is currently ranked World No. 1 on the World Disability Billiards and Snooker (WDBS) Tour.

In what Tony himself describes as the biggest win of his cue sports career, he has just won a Gold Medal for Team GB in the inaugural snooker event at the 2023 World AbilitySports Games in Thailand in December.

HASSRA is proud to have helped Tony over the years with financial assistance from the **HASSRA Development Fund**, which is there to help members achieve their potential in their chosen field.

In addition, he has multiple HASSRA titles at both regional and national level. If this roll of honour wasn't impressive enough, he also runs the British Pool Federation, Chairman of the British Wheelchair Pool Players Association, is involved in World Disability Billiards and Snooker, organises North West pool events and is part of the Predator Cues pro team.

Tony is a shining example of achieving success and overcoming the odds, even if you are handed a disadvantage by life. Tony told HASSRA, *"I got into playing cue sports when I was 9 years old because my disability meant I couldn't go and play football with my friends without getting tired very easily. With sport at any level, disabled or not, you've got to go and give things a try! Never be afraid and never be afraid to compete with someone better than you — that's how you learn!"*

Speaking of his setbacks and disability, Tony told us: *"You've got to keep going and never give up. I always loved cue sports and saw my disability and any setbacks as a challenge. Never be afraid of challenges and always keep pushing yourself."*

With help from **HASSRA Development Fund** and a huge amount of skill and dedication, Tony is a credit to his field and an inspiration to others. Keep it going in 2024, and beyond!

See what the **HASSRA Development Fund** can do to help you reach your potential.



Images courtesy of WDBS

Tony receiving his gold medal from Nigel Mawer QPM, Chair of WDBS



HASSRA members take their best shot!

Following the success of our previous virtual National Photography Competitions, members were once again invited to submit their creative efforts online in 2023.

Photographers were given three categories – People & Animals, Landscapes and Architecture - and the response was once again outstanding with over 500 entries. On this occasion, we invited all members to vote for their favourite images to decide the prize winners.

The overall winner and winner of the Architecture category was **Zoe King** from **HASSRA North West**.

The winning entry in the Landscape category also came from **Zoe King**.



The winning entry in the People & Animals category was this vibrant image from **Jayne Kelly** from **HASSRA Fylde**.

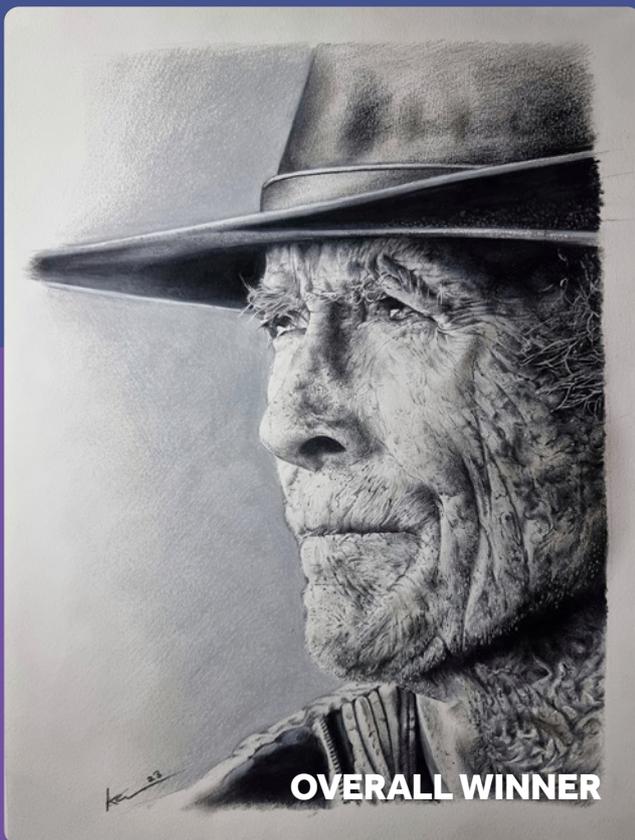


Category winners each received **£200**, runners up received **£100**, and third place each received **£60**. The overall winner received an additional **£50**. Congratulations go to all our prize winners. All prize winning entries can be seen on our [Flickr pages](#) and on the [Photography Competition pages](#) of **HASSRA Live**.

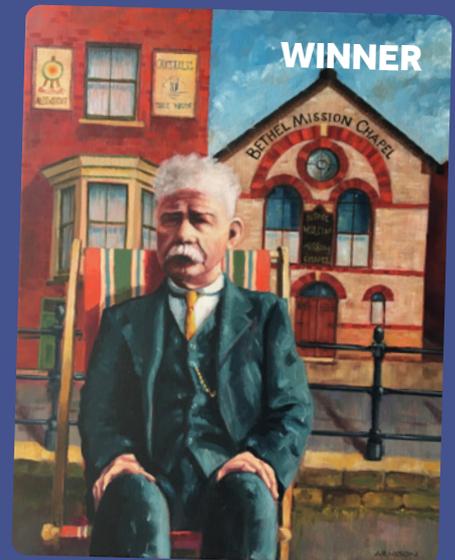
2023's Top Drawer

The 2023 HASSRA National Art Competition presented our budding artists with the challenge of creating their best efforts in three categories – Drawing, Painting and Mixed Media & 3D. This year's theme was Regeneration. There were over 60 entries and, again, the standard was exceptionally high. We invited all members to vote for their favourite images to decide the prize winners.

The overall winner and winner of the Drawing category was **Kevin Haworth** from **HASSRA North West**. Kevin was also the overall winner in 2022 so it's clear that his creative talents continue to impress.



The winner of the Painting category was **Lynne Arnison** from **HASSRA Yorkshire & The Humber**.



The winner of the Mixed Media & 3D category was **Lyndsay Massey** from **HASSRA North West**.



Category winners each received **£200**, runner up prizes were **£100** and third place each received **£60**. Overall winners received an additional **£50**. Congratulations go to all our prize winners. The vast array of HASSRA's creative talent can be seen on our [Flickr pages](#) and on the [Art Competition pages of HASSRA Live](#).

SEE ALL THE
PRIZE WINNING
ENTRIES ON

flickr

CHARITY FOR CIVIL SERVANTS



A huge thanks to all the **HASSRA** members who have supported the Charity for Civil Servants in one way or another in 2023. There are lots more activities planned in 2024, so why not sign up to stay in touch so you'll be the first to hear about them?

What's coming up at your charity?

- **JANUARY** – 'Introducing... your charity' – start off the year by joining one of our 30-minute online talks and discover how we support **HASSRA** members – [pick a session at a time that works for you](#)
- **22 JANUARY** – [Book your place](#) for the popular Don't Tone Alone six-week Nutrition and Weight Management course
- **18 – 22 MARCH** – Charities & Partners Week 2024; learn more about how you can get involved with your charity
- **MAY** – Mega Miles Challenge 2024; stroll, walk, jog or run throughout the month of May to support colleagues that need our help; [registration opens in January](#). We know **HASSRA** members can beat their amazing contribution from 2023!
- **10 – 16 JUNE** – Carers Week 2024; find out more about the [help and support we offer carers](#)
- **OCTOBER** – Mental Health and Wellbeing Conference; join us for the Civil Service's flagship wellbeing conference, organised by the Charity in partnership with Government People Group. [Sign up to stay in touch](#) and be the first to hear when registrations open in September
- **DECEMBER** – Festive Jumper Day throughout the month!

Visit cfcs.org.uk for a full list of what's on, including our wellbeing webinars which take place throughout the year.

For whatever happens

The [Charity for Civil Servants](#) is there to support all **HASSRA** members 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. When times are tough, make the Charity your first port of call.

Marilyn's story

We all cope with grief in different ways and everyone has their own story and navigates their own unique journey. At the Charity for Civil Servants, we understand that everyone is different. We can't always prevent the sad stuff from happening, but when it does, we can be there for civil servants, to find a way forward together. Civil servants and **HASSRA** member like Marilyn.

Marilyn describes her mum's passing away as the lowest point of her life.

"I went to a headspace where I'd lost somebody, put it to the back of my mind and thought, they'll be coming back. I didn't accept my mum's death and tried to keep busy. I wasn't coping at all - I took on too much at work and became exhausted."

Marilyn reached out to the Charity for Civil Servants and we listened. We provided her with space to breathe and a listening ear outside her circle of family and friends. After a supportive conversation and working out a plan together, we were able to pay towards counselling sessions through our partner organisation, Anxiety UK.

"The Charity for Civil Servants is just amazing and the people in the help team are like angels. There's always somebody you can talk to about anything. To be frank, I don't think I would have got through that point of my life without their guidance and support."

Marilyn completed her counselling sessions and took on effective coping mechanisms for the future. Practicing mindfulness and prioritising self-care are just a couple of the tools in the box. Marilyn wants to share her story in the hope of reminding others that even at their lowest points, there's always hope.

"The Charity for Civil Servants made me realise there's more to life, and that I've got good people around me. That's why I signpost my colleagues to the Charity and donate monthly. They're such a worthwhile cause and a benefit to every single civil servant."



It's a Cracker



The HASSRA Christmas Cracker draw took place in December with 200 lucky members sharing £50,000 of cash and electronics – all received in time for Christmas.

£5,000 jackpot winner, Allison Russell from HASSRA North West, said *"I was absolutely over the moon when I received the email saying I had won £5,000. It came as such a shock as I have been in HASSRA for 22 years and never won a thing before. I have treated myself to a Mulberry bag following the win!"*

Check out the full list of winners at **HASSRA Christmas Cracker 2023 Results.**

Make sure you enter all the fantastic competitions throughout 2024 – visit the **WIN** section now!

Need a Loan? Join Commsave!

Did you know that with Commsave, you can apply for up to £10,000 as soon as you become a member?

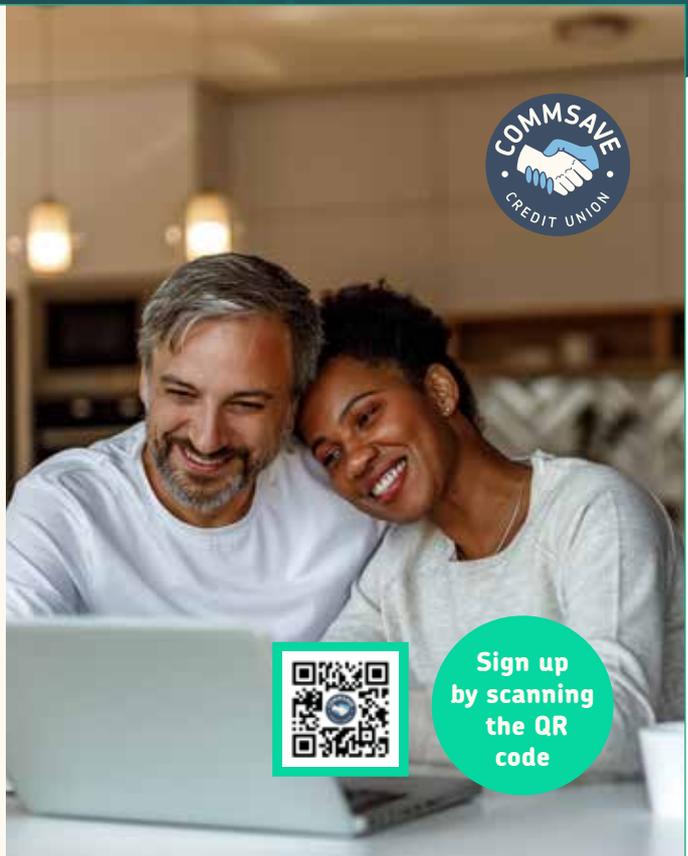
Department for Work and Pensions employees can make **saving** easy and **borrowing** better with repayments coming directly from your pay.

We value your opinion. Click [here](#) to answer a few simple questions to be in with the chance of winning one of three £50 Amazon vouchers!

Authorised by the Prudential Regulation Authority and regulated by the Financial Conduct Authority and the Prudential Regulation Authority (213407).

All applications are subject to a credit search and affordability checks. Terms and conditions apply. Representative 26.8% APR.

Competition ends 29/02/24.



Take A Step Forward

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. Nigel 'Rocky' Williams, HASSRA Wales, is our recently crowned Volunteer of the Year. He tells us his HASSRA story.

"I was three weeks short of my 18th birthday when I joined the Department in 1978, based in Pontypridd. I don't know how many forms I signed on my first day, but the one I do remember was my HASSRA application. The office club secretary had told me about this wonderful organisation that operated at local, regional and national level covering all sorts of sporting activities including darts and quizzes, which are two of my passions, and I knew I wanted to be part of it.

I was just a regular member for a few years until a vacancy arose on the local committee. I started off by selling raffle tickets, taking names for different trips, and helping to organise entries to the regional quizzes and darts. I soon became club secretary and the HASSRA Wales Darts Organiser. Over the next 15 years, the club went from strength to strength with a good turnout for the HASSRA Wales Sports Day and getting to many regional finals, occasionally winning them.

I joined the HASSRA Wales Board of Management (BOM) in 2001 and was given a warm welcome by our then-Chair, Nigel Thomas and the whole committee. I also won a car in the HASSRA Lottery later that year but unfortunately wrote it off in an accident 15 months later.

I moved to the newly formed Debt Centre Wales in March 2003 and was elected treasurer at the inaugural AGM in June 2003. I continued in this role until 2020 when I swapped roles with the deputy treasurer when I took partial retirement. As a club, Debt Centre Wales won the HASSRA Wales Office Shield for Best Small Club for 3 out of 4 years at the HASSRA Wales AGM.

On a personal level, I was lucky enough to be part of the winning HASSRA Wales team at Special Event in Canterbury 2005 and was later named the HASSRA Wales Volunteer of the Year for 2005. I was subsequently invited to the HASSRA Major Awards Dinner in May 2006, and I was completely gobsmacked when I was announced as the winner of National Volunteer of the Year. I don't remember much about my acceptance speech, except for thanking the HASSRA Wales BOM for their nomination and support, and I also questioned the sanity of the National Awards Committee for their decision!

In 2007, Wales hosted Special Event again and it was my job to co-ordinate the Athletics event, having previously arranged an open day for competitors and subsequent training sessions for the HASSRA Wales Team. Although HASSRA Wales did not win Special Event that year, I was so proud of the athletics team because they were the runners up in their event and had all exceeded their best recorded times and distances. Some of you reading this already know that my wife Michelle, aka Shelly, was

part of that athletics team. Even though we didn't start dating until later that year, she has supported me with all my HASSRA activities ever since.

When it was announced that several clubs in South Wales would be re-located to a new super office at Ty Taf, just north of Cardiff, I volunteered to head up a working party for all the clubs involved. COVID struck soon after and virtual events became 'the norm' at every level of HASSRA. As things returned to normal, I was determined to re-launch the HASSRA Wales Sports Day and the HASSRA Wales darts championships in 2022, to re-kindle old friendships/rivalries. I knew my time at the DWP would end in August 2022, but I ensured that a constitution was in place for the super club, as well as the officials and committee.

We held our Sports Day in early May where I received long-service awards as Darts Organiser and a member of the HASSRA Wales BOM. I was over the moon a week later, when I had a WhatsApp message live from the National Awards evening telling me that I had won the National Volunteer of the Year again. HASSRA Wales Chair, Mandy Howells, collected it on my behalf as I was unable to attend due to being on a family holiday!

Back to the present and nearly 45 years after joining HASSRA, I eventually received my second award for National Volunteer of the Year at the HASSRA Wales Awards Dinner. Although it might have my name on the award, it's all down to teamwork and, over the decades, I've been lucky enough to work with some of the best.

To all members out there, if you get the chance to sell a few raffle tickets, do it. Get involved with your local club as you never know where it could lead."



Home or Away – HASSRA'S WITH YOU ALL THE WAY

Planning to take a far-flung holiday of a lifetime?
Or maybe you're looking to stay closer to home
with a short break in the UK. Whatever you choose,
HASSRA's Holiday Offers has something for everyone.

Visit the Holidays section of HASSRA Live to see what's in store for 2024.



You can also arrange
your airport parking and
insurance cover at the
same time.



Become the best version of you in 2024 with HASSRA

As the new year begins, check out **HASSRA's Body & Mind offers** and get into your best shape ever, both physically and mentally. Wherever you are, HASSRA has an offer for you. Get in shape and feel the burn with some great nationwide gym deals. Relax and unwind with a discounted spa treatment. Or even find your happy place with expert counselling and therapy.

And don't forget, if you prefer to get fit in the comfort of your own home you can take advantage of **HASSRA's Let's Get Physical** online workout sessions – available 24-7.



SPABREAKS.COM



the happiness club



IMPORTANT NEWS FOR MEMBERS

As other organisations increase their subscriptions, **HASSRA members** will continue to pay just **£2.45 per month in 2024**, ensuring a first-class membership package at no extra cost, including:

- Big savings on cinema tickets
- Exclusive access to the HASSRA Lottery paying out £756,000 annually
- Free membership of Coffee Club and discounted Tastecard+
- Lots of online events on HASSRA Live with the chance to win prizes
- Discounted family days out – many half-price during the Summer Promotion
- Free competitions and giveaways with prizes throughout the year
- Discounted FULL membership for English Heritage and Cadw
- A massive programme of national and regional sports and leisure activities
- Discounts on UK and European family holidays, including airport parking
- A network of local office and activity clubs

Dates for your Diary

National HASSRA AGM and Major Awards Dinner – 16th May

Early Summer Festival – 12th to 14th July

Late Summer Festival – 6th to 8th September

Smart Quizzes – last Wednesday of each month

DON'T FORGET

You can remain a **HASSRA member** even if you retire or leave your current job

Take out insurance with the people who go the extra mile.

The insurance people who care.

A Not for Profit organisation supporting Civil Servants and Public Sector workers for over 100 years.

01622 766960



csis.co.uk/hassra

CSIS is authorised and regulated by the Financial Conduct Authority.
*Based on 380 customer surveys received between 01.01.23 and 04.12.23 scoring an average 9.3 out of 10.

Car, Home & Travel Insurance

Quality cover and a first class service you can trust*

 Trustpilot



Rated 4.7 out of 5



The insurance people who care